THE CASTELL OF HEALTH

Corrected and in some places augmented, by the firste aucthor thereof, Sir Thomas Elyot Knight.

AND NOVV NEVV

Iy imprynted, in the yeare of our Lorde.

1576.

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THE PROHEME
OF SIR THOMAS ELYOT KNIGHT
into his booke called the
Caſtell of Health

Alen the moſte excellente Phiſition feared, that in wryttinge a compendyous doctrine for the curinge of ſickenes, hee ſhould looſe all his labour, for as mutch as no man almoſt did endeuour hym ſelfe to the fyndinge of truth, but that almen did ſo mutch eſteme riches, poſſeſſions, aucthority, and pleaſures, that they ſuppoſed them, whych were ſtudyous in any parte of Sapience, to be mad or diſtracte of theyr wyttes, for as mutch as they deemed the chyefe Sapience, whych is in knowleadge of thinges belonging as well to God as to man, to haue no beinge. Senec this noble writer founde that lacke in his tyme, whan there flouriſhed in ſundrye countreys a great multitude of men excellēt in al kindes of learning, as it yet doth appere by ſome of their woorckes, why ſhould I be greeued with reproches, wherewith ſome of my countrey do recōpence me, for my labours taken without hope of temporall reward, only for the feruent affection, whych I haue euer borne toward the publike weale of my countrye a worthy matter, ſayth one, ſir Thomas Elyot is become a phiſition, and writeth in phiſicke, whych beſeemeth not a knight, hee mought haue beene

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nutch better occupied. Truely if they will call him a phiſition, which is ſtudious aboute the weale of his country, I witſauke they ſo name me, for during my life, I will in that affection alway continue. And why, I praye you, ſhoulde men haue in diſdaine or ſmal reputation the ſcience of phiſicke: which being well vnderſtande, truely experienced, & diſcretly ordered, doth conſerue health, with out the which al pleaſures be peinefull, ritches vnprofitable, company annoyance, ſtrength turned to feblenes, beauty to lothſomenes, ſences are diſperſed, eloquence interrupted, remembraunce confounded, whych hath bene conſidered of wyſe men, not onely of the priuate eſtate, but alſo of emperours, kings, and other greate princes, who for the vniuerſall neceſſity and incomparable vtility, whych they perceiued to be in that ſcience of phyſicke, they did not onely aduaunce and honour it with ſpeciall priuiledges, but alſo diuers and manye of them were therein right ſtudious, in ſo mutch as Juba the kynge of Mauritania and Lybia, founde out the vertuous qualities of the hearbe called Euforbium. Gentius kynge of Illiria, founde the vertues of Gentian. The hearbe Lyſimachia, tooke his name of kinge Lyſimachus. Mithridates the great kinge of Ponthus, founde firſt the vertues of Scordion and alſo inuented the famous medicine agaynſte poyſon, called Mythridate. Artheniſia queene of Caria founde the vertues of Motherwoorte whych in latine beareth hir name, whereby hir noble renoume hath lenger continewed, than by the makinge of the famouſe monument ouer

hir dead husband called Mausoleum, although it were reckned amonge the wonderfull workes of the worlde, and yet hir name wyth the sayde herbe still abideth, whiles the sayd monument a thousand yeares passed, was vtterly dissolued.

It seemeth, that phisicke in this realme, hath bene well estemed, sence the whole study of Salerne, at the request of a kinge of England, wrat and set forth a compēdious and profitable treatyse, called the Gouernaunce of health, in latine *Regimen Sanitatis.* And I trust in almighty God, that our soueraygne Lorde the kynges maiesty, who dayly prepareth to stablish amonge vs true and vncorrupted doctrines, wyll shortly examin also this part of study, in such wyse, as thynges apte for medicine, growinge in thys realme, by conference with most noble authours may be so knowē, that we shall haue lesse neede of thinges brought out of farre countryes, by the corruption whereof, innumerable people haue perished, without blame to be geuen to the phisitions, sauynge only, ẏ some of thē be not diligent enough in beholdinge their drugges or ingrediētes, at al times dispensed and tried.

Besides the said Kynges, whom I haue rehersed, other honourable personages haue wrytten in this excellent doctrine, and not only of the speculatiue part, but also of the practise thereof, whose workes do yet remayne vnto their glorye immortal, as Auicēna, Auenzoar, Rasis, Cornelius Celsus, Serenus, & whych I shoulde haue first named, Machaon, and Podalirius noble dukes in Grecia, whych cam to ẏ siege of Troy, and brought with them. xxx. great shippes wyth

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men of warre. This well considered, I take it for no shame to study that science, or to set forth any bookes of the same, beinge thereto prouoked by the most noble and vertuous example of my most noble maister, Kinge Henry the viii. whose health I hartily pray God as longe to preserue, as God hath cõstituted mans life to cõtinue: for his highnes hath not disdayned to be the chiefe authour and setter forth of an Introduction into Grãmer, for the children of hys louinge subiectes, whereby, hauinge good maisters, thei shal most easily and in short time apprehende the vnderstandinge and fourme of speakynge true and eloquent latine. O royall hart full of very nobility. O noble breast, settinge forth vertuous doctrine, and laudable studye.

But yet one thinge much greueth me, ỹ notwithstandinge I haue euer honoured, and specially fauoured the reuerende Colleddge of approued Phisitions, yet some of them hearing me spoken of, haue sayd in derision, that although I were pretyly seene in histories, yet beinge not learned in Phisicke, I haue put in my booke diuers errours, in presuminge to write of herbes and medicines. First as concerninge histories, as I haue planted them, in my workes, being wel vnderstande, they be not so light of importance, as they do esteme theym, but maye more surely cure mens affections, than diuers phisitions do cure maladies. For whã I wrate first this booke, I was not all ignorant in Phisicke. For before that I was twentye yeares olde, a worshipfull Phisition, and one of the moste renoumed at that time in England, perceyuinge me by nature

inclined to knowledge, redde vnto mee the wor-kes of Galen of temperamentes, naturall facul-ties, the introduction of Johannicius wyth some of the Aphorismes of Hippocrates. And afterward by myne owne study, I read ouer in order the more parte of the workes of hippocra-tes, Galen, Oribasius, Paulus Celsus, Alex-ander Trallianus, Celsus, Plinius the one & the other, wyth Dioscorides. Nor I did omit to read the long Canons of Auicenna, the comm̄e-taries of Auerroys, the practises of Isaac, Ha-liabbas, Rasis, Mesue, & also of the more parte of them whych were their aggregatours & follo-weres. And although I haue neuer beene at Mountpeller, Padua, nor Salern, yet haue I found some thynge in Phisicke, whereby I haue taken no litle profit cōcerninge myne own helth. Moreouer I wot not why Phisitions should be angry wyth mee, since I wrate and did set forth the Castell of health for their commoditye, that the vncertaine tokens of vrines, and other excre-mentes should not deceyue them, but that by the true information of the sicke man, by me instruc-ted, they might be the more sure to prepare me-dicines conuenient for the diseases.

Also to the intent that men obseruinge a good order in diet, and preuentinge the great causes of sickenes, they shoulde of those maladyes the so-ner be cured. But if Phisitions be angrye, that I haue written phisicke in English, let them re-mēber that the Grekes wrate in Greeke, ỹ Ro-maines in latin, Auicenna, and the other in Ara bike, which were their owne proper and mater-nall tongues. And if they had bene as mutch at-

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tached wyth enuey and couetiſe, as ſome nowe ſeeme to be, they would haue deuiſed ſome particuler lãguage, with a ſtrange cypher or forme of letters, wherein they woulde haue written their ſcience, which language or letters no mã ſhould haue knowen, that had not profeſſed and practiſed Phiſicke: But thoſe, although they weare Paynims and Iewes, yet in this part of charyty, they far ſurmounted vs Chriſtiãs, that they woulde not haue ſo neceſſarye a knowleadge as Phiſicke is, to be hid from them, which woulde be ſtudious about it.

Finallye God is my iudge, I write neither for glory, reward, nor promotion, onely I deſire men to deeme well mine intent, ſince I dare aſſure theem, that all that I haue wrytten in this booke, I haue gathered of moſt principall wryters in Phiſicke. Which beinge throughlye ſtudyed and well remembred, ſhalbe profitable (I doubt not) vnto the reader, & nothinge noious to honeſt phiſitions, that do meaſure their ſtudye, with moderate lyuing and chriſten charitye.

IT muſt be remembred, that the nũbre in the Table, doeth ſignifie th leafe, and the letter A, doeth ſignifi the firſt page or ſide, the letter B, th ſeconde page or ſide.

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Thus endeth the Table.

TO the conſeruation of the body of mankinde, within ȳ limitation of health, which (as Galen ſaith) is the ſtate of the bodye, wherein we be neither greeued with paine, nor let from doinge our neceſſary buſines, doth belonge the diligēt conſideration of three ſortes of thinges, that is to ſay.

- Thinges Naturall.
- Thinges not Naturall, and
- Thinges againſt Nature.

Thynges naturall be vij. in number

- Elementes
- Complexions
- Humours
- Membres.
- Powers
- Operations & Spirites.

¶ Theſe be neceſſary to ȳ beynge of health, accordinge to the order of their kinde: and bee alwaye in the naturall body,

Thinges not naturall be ſixe in number.

- Ayre
- Meates & drynke
- Sleape & watche
- Meuinge & reſt
- Emptines and repletion and
- Affections of the mynde.

Thinges againſt nature bee three.

- Sickenes.
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An-

Annexed to thynges naturall.

Age. Figure, and
Coloure. Diuerſity of kindes.

The elementes be thoſe originall thinges vnmixte and vncompounde, of whoſe temperance and mixture, all other thynges hauinge corporall ſubſtaunce be compact: Of theym be foure, that is to ſay:

Earth,
Water,
Ayre, and
Fyre.

Earth is the moſt groſſe and ponderous element, and of hir proper nature is colde and dry.

Water is more ſubtill and lyght than Earth, but in reſpect of Ayre and Fyre, it is groſſe and heauy, and of hir proper nature is cold & moyſt.

Ayre is more lyght and ſubtill than the other twoo, and beinge not altered with any exteriour cauſe, is properly hoat and moyſt.

Fyre is abſolutely light and cleere, and is the clarifier of other elementes if they be vyciate or out of their naturall temperaunce, and is properly hot and dry.

This is to be remembred, that none of the ſayde elementes be commonly ſeene or felt of mortall men, as they are in their originall beinge: but they which by our ſenſes be perceiued, be corrupted with mutuall mixture, and be rather earthy, Watry, Ayry, and Fiery, than abſolutly Earth, Water, Ayre, and fyre.

Of

Of the complexion of man. Cap. 2.

COmplexion is a combination of two diuers qualities of the foure elements in one body, as hot and dry of the Fyre, hot and moist of the Ayre, cold and moyst of the water, colde and dry of the Earth. But although all these complexions be assembled in euery body of man and woman, yet ỹ body taketh his denominatiõ of those qualities, which abounde in him, more thã in the other, as hereafter insueth.

¶ The body, where heate and moisture haue soueraintee, is called Sanguine, wherein the ayre hath preheminence, and it is perceiued and knowen by these signes, which do folow.

Sanguine.
- Carnositie or fleshinesse.
- The veynes and arteries large.
- Heare plenty and redde.
- The visage white and ruddy.
- Sleape mutch.
- Dreames of bloudy thinges, or thynges pleasaunt.
- Pulse greate and full.
- Digestion perfect.
- Angry shortly.
- Siege, vrine, & sweat abundant.
- Fallinge shortly into bleedinge.
- The vrine redde and grosse.

Where cold with moiſture preuaileth, that body is called fleumatike, wherein water hath preheminence, and is perceiued by theſe ſignes.

Fleumaticke.
- Fatneſſe quauing and ſoft.
- Veynes narrow.
- Heare much and plaine.
- Colour white.
- Sleape ſuperfluous.
- Dreames of thinges watrye, or of fiſhe.
- Slowneſſe.
- Dulneſſe in learninge.
- Cowardiſe.
- Pulſe lowe and little.
- Digeſtion weak.
- Spettell white: aboundaunte and thicke.
- Vrine groſſe, white, and pale.

Cholericke, is hot & dryе, in whom the fyre hath preeminence, and is diſcerned by theſe ſignes followinge.

Cholericke.
- Leannes of body.
- Coſtifenes.
- Heare blacke or dark aburn, curled
- Viſage and ſkinne redd as fyre, or ſalowe.
- Hot thinges noyfull to him.
- Little ſleape.
- Dreams of fire, fighting, or anger.
- Wit ſharpe and quicke.
- Hardy and fightinge.
- Pulſe ſwift and ſtronge.
- Vrine high coloured and cleare.
- Voice ſharpe.

Melancholike is colde and drye, ouer whom the earth hath Dominion, and is perceiued by these signes.

Melancolike.

- Leannesse with hardnesse of skin.
- Hayre plaine and thin.
- Coloure duskishe, or whyte wyth leannesse.
- Much watch.
- Dreames fearefull.
- Stiffe in opinions.
- Digestion slow and ill.
- Tymorous and fearefull.
- Anger longe fretinge.
- Pulse little.
- Seldome laughinge.
- Vrine watry and thin.

BEsides the sayde cõplexions of all the whole body, there be the particuler membres, complexion, wherein if there be any distemperãce, it bringeth sicknes or griefe into the mẽber. Wherfore to know the distemperature, theese signes followinge would be considered. Forseene that it be remembred, that some distemperatures bee simple, and some be compound. They which be simple, be in simple qualities, as in heate, colde, moyst, or drye.

They which be compound, are in compounde or mixt qualitys, as heate and moysture, heate & drith: colde and moyst, colde & drye.

But now first will we speake of the simple cõplexions of euery principal member, beginning at the braine.

The brain exceadinge in heate hath.

- The heade & viſage very redde and hot.
- The heare growing faſt, blacke and curled.
- The veines in the eyes apparaunt.
- Superfluous matter in ẏ noſethyrilles, eien, and eares.
- The heade annoyed with hotte meates, drinkes, and ſauours.
- Sleepe ſhorte and not ſounde.

The brain excedynge in colde hath.

- Much ſuperfluity running out of the noſe, mouth, eares, and eyen.
- Heare ſtreight and fine growig ſlowly, and flaxen.
- The head diſpoſed by ſmall occaſion to poſes and murres.
- It is ſone annoyed with colde.
- It is colde in touching.
- Veynes of the eyen not ſeene.
- Sleapie ſomewhat.

Moyſt in exceſſe hath

- Heares playne.
- Seldome or neuer balde.
- Witte dull.
- Mutch ſuperfluities.
- Sleape mutch and deepe.

The braine drye hath.

- No ſuperfluities rūninge.
- Wittes good and ready.
- Watchfull.
- Heares blacke, hard and faſt growinge.
- Balde ſhortly.

Complexions compounded.

Braine hot and moiſt diſtempered hath.

- The head akinge and heauy.
- Full of ſuperfluities in the noſe.
- The Southerne winde greeuous.
- The Northerne wynde holſome.
- Sleepe deepe but vnquyet wyth often wakinges and ſtraunge dreames.
- The ſences and wit vnperfect.

Braine hotte and dry diſtempered hath.

- None abundaunce of ſuperfluitye whych may bee expelled.
- Sences perfect.
- Much watch.
- Soner balde than other.
- Much heare in chyldhoode. and blacke or browne, & curled.
- The heade hot and ruddy.

Braine cold and moyſt diſtempered hath

- The ſenſe and wytte dull.
- Much ſleape.
- The hed ſoone repleniſhed with ſuperfluous moyſture.
- Diſtillations and poſes, or murres.
- Not ſhortly balde.
- Sone hurte with colde.

Braine colde and drye diſtempered hath.

- The head colde in ſelinge & without colour.
- The veines not appearing.
- Soone hurt with colde.
- Often diſgraſed.
- Wytt perfecte in childhode, but in age dull.
- Aged ſhortly & balde.

Of the harte.

The hart hotte diſtempered hath

- Much blowing and puffing.
- Pulſe ſwifte and buſie.
- Hardineſſe and manhode.
- Much promptneſſe, actuity, and quickeneſſe in doinge of thinges.
- Furie and boldneſſe.
- The breaſt heary toward the left ſide.
- The breaſte broade with the head little.
- The bodye hotte, excepte the lyuer doe let it.

The

The harte colde diſtẽpered hath
- The pulſe very little.
- The breth little and ſlowe.
- The breſt narowe.
- The body all colde, except the liuer doth inflame it.
- Fearefulneſſe.
- Scrupuloſity & mutch care.
- Curioſity.
- Slowneſſe in actes.
- The breaſt cleane wythout heares.

The hart moyſt diſtẽpered hath
- The pulſe ſoft.
- Soone angry & ſone pacified.
- The body al moiſt, except ỹ liuer diſpoſeth contrary.

The harte dry diſtẽpered hath.
- The pulſe harde.
- Not lightely angrye, but being angry, not ſone pacified
- The body dry, excepte the liuer doth diſpoſe contrary.

The hart hotte and moiſte.
- The breſt & ſtomacke heary.
- Promptnes in actes.
- Soone angry.
- Fiercnes but not ſo much as in hot and dry.
- Pulſe ſoft, ſwift, and buſy.
- Breath or wynd accordinge, ſhortely falleth into diſeaſes cauſed of putrifaction.

The harte hot and drye.

- The harte pulſe greate and ſwift.
- The breath or wynde accordinge.
- The breaſt and ſtomacke all heary.
- Quicke in his doinges.
- Boldneſſe and hardineſſe.
- Swift & haſty in mouing.
- Soone ſtirred to anger, and tyrannous in maners.
- The breaſt broade and all the body hot and dry.

The hart cold and moyſt.

- The pulſe ſoft.
- Fearefull and tymerous.
- Slow.
- The breaſte cleane without heare.
- Not haſtily angry, nor retayninge anger.
- The breaſt narrow.
- All the body colde and moyſt.

The hart cold and dry hath.

- The pulſe hard and little.
- The winde moderate.
- Seldome angry, but when it happeneth, it dureth longe
- The breaſte cleane withoute heare and little.
- All the body colde and drye.

Of the lyuer.

The liuer in heate diſtempered hath.
- The veines greate.
- The bloud moze hot thē temperate.
- The bealy heary.
- All the body hot, exceding temperance.

The liuer colde diſtempered hath
- The veines ſmall.
- Abundance of fleame.
- The bloud cold.
- All the body cold in feeling.
- The bealy wout heare.

The liuer moyſte diſtempered hath
- The veynes ſoft.
- Mutch bloud and thinne.
- All the body moyſt in feeling, except the hart diſpoſeth it contrary.

The liuer drye diſtempered hath
- The veynes hard.
- The bloud little and thicke.
- All the body dzy.

The complexions compound may be decerned by the ſaid ſimple qualities. And here is to be noted, that the heate of the hart may vanquiſh the cold of the liuer. Foz heate is in the hart, as in the fountaine oz ſpzinge: and in the lyuer, as in the riuer.

Of the Stomacke.

The ſtomacke hot, diſtempered.

- He diſgeſteth well ſpecially hard meates, & that wil not be ſhortly altred
- Light meates & ſoone altered, be therein corrupted.
- The appetite little and ſlowe.
- He deliteth in meates & drinckes which be hot, for euery natural complexion deliteth in hys ſemblable.

The ſtomacke colde diſtempered.

- He hath good appetite.
- He diſgeſteth ill & ſlowly, ſpecially groſſe meates and harde.
- Colde meates doe waxe ſowre being in him vndigeſted.
- Hee deliteth in meates & drinkes, which be cold, & yet in them he is indamaged.

The ſtomacke moyſt diſtempered.

- Hee thirſteth but ſeldome, yet he deſireth to drincke, with ſuperfluous drincke he is hurt.
- He deliteth in moiſte meates.

He

The ſtomack dry diſtempered
- He is ſoone thirſty.
- Cõtent with a little drinke.
- Diſeaſed with much drink
- He deliteth in dry meates.

¶ It is to be noted, that the diſpoſitiõs of the ſtomacke natural, do deſire that which is of like qualities. The diſpoſitons vnnaturall, do deſire thinges of contrary qualities.

¶ Alſo not the ſtomacke only cauſeth a man to thyrſt or not thirſt, but alſo the liuer, the lunges and the hart.

Of the genitories or ſtones of generation.

The genitories hot diſtempred
- Great appetite to the acte of generation.
- Ingendringe men childzen.
- Heare ſoone growen aboute the membzes.

The genitories, cold diſtempred
- Small appetite to the act of generation.
- Ingendring woman childrē
- Slow growthe of heare about the membzes.

The genitories moiſt diſtẽpred
- Seede aboundante but thin and watry.

The genitories dry diſtempred
- Seed little but metely thick in ſubſtance.

Laſte

Genitories hotte and moyſte.
- Leſſe appetite to lechery thã in thẽ which be hot and dry.
- Moze puiſaunce to do it, & without leſſe damage.
- Hurt by abſtaynynge frõ it.
- Les herines thã in hot & dry

The genitories hot and dry.
- The ſeede thicke.
- Mutch fruictfulnes of Generation.
- Great appetite and readynes to the act.
- Heare about the members ſoone growen.
- Swiftneſſe in ſpeedinge of the act.
- Sone therwith ſatiſfied.
- Damage by vſing thereof.

The genitories cold and moyſt.
- The ſeede watry and thin.
- Little deſire to the act, but moze puiſance than in thẽ which be cold and dry.
- Little heares oz none about the members.

The genitories colde and dry,
- Heares none oz few.
- Little apitite oz none to lechery.
- Little puiſance to do it.
- Ingendzinge moze females than men childzen.
- That little ſeede is thicker then in cold and moiſt.

Of

Of humoures.

IN the bodye of man bee foure principall humoures, which continuinge in the proporcion, that nature hath limitted, the bodye is free from all sickenes. Contrariwise by the increase or diminution of anye of them in quantity or quality, ouer, or vnder their naturall assigmēt, vnequall temperature commeth into the body, which sickenes followeth more or lesse according to the lapse or decay of the tēperatures of the sayd humours, which be these followinge.

Bloude, Choler,
Fleame, Melancoly.

Bloude, hath preeminence ouer all other humours in sustayning of al lyuinge creatures, for it hath more conformity with the originall cause of lyuinge, by reason of temperatnes in heate & moysture, also nourisheth more the body and restoreth that which is decayed, beinge the verye treasure of life, by losse wherof, death immediatly followeth. The distemperature of bloude happeneth by one of the other three humours, by the inordinate of superfluous mixture of them.

Of fleame.

Fleame is of two sortes. { Naturall and Vnnaturall.

Naturall fleame is humour cold and moyste white and sweet, or without tast, ingendred by insufficient decoction in the seconde digestion of the watrye or rawe partes of the matter decocte called

called chilus, by the laſt digeſtion made apte to be conuerted into bloud. In this humour, water hath dominion moſt principall.

¶ Fleame vnnaturall is that, which is mixte with other humours, or is altered in his qualitie: And therof is.viii.ſondry kindes.

Fleame.

- Watrye, which is founde in ſpetill of great drinkers, of them which digeſt ill.
- Slimy or raw.
- Glaſſ, like to white glaſſe, thicke, viſcous like byrdelime & heauye.
- Plaſtrye, whych is verye groſſe, & as it were chalkye, ſutch is founde in the ioyntes of them, which haue the goute.
- Salt which is mingled with choler
- Sower, mixt with melãcoly, which cõmeth of corrupt digeſtion.
- Harſhe, thicke and groſſe, which is ſeldom foũde, which taſteth like greene crabbes or ſloes.
- Stiptike or bidinge, is not ſo groſſe nor colde, as harſh, & hath the taſte like to grene red wine, or other like, ſtrayninge the tongue.

¶ Choler doth participate with natural heate as long as it is in good temperance. And therof is alſo two kindes. { Naturall and Vnnaturall.

Choler

Choler naturall. Natural choler is the fome of bloud the colour whereof is redde & clere, or more like to an Orenge colour, & it is hot & dry e, wherein the fire hath dominion: and is light & sharp and is ingendred of the most subtill part of matter decoct or boyled in the stomack, whose beginninge is in the lyuer.

Unnaturall choler is that which is mixte or corrupted with other humours, whereof be four kindes.

Citrine or yelowe choller, whych is of the mixture of naturall choler, and watrye fleame, and therefore hath lesse heate thā other choler.

¶ Yelkye like the yelkes of egges, which is of the mixture of fleame congeled, and choler naturall, and is yet lesse hot than the other.

¶ Greene like to leekes, whose beginninge is rather of the stomacke, then the liuer.

¶ Green e like to greene canker of mettall, & burneth lik e venim, and is of exceding adustion of choler or fleame, and by these two kindes nature is mortifyed.

Melancoly or blacke choler is deuided into two kindes.

Naturall, which is the dregges of pure bloude, and is known by the blackenes, when it issueth eyther downewarde or vpwarde, and is verelye colde and dry.

Unnatural, which procedeth of the adustion of cholericke mixture, and is hotter & lighter, hauing

hauinge in it violence to kill, wyth a dangerous diſpoſition.

Of the members.

¶ There be diuerſities of mẽbers. that is to ſaye.

- The brayne.
- The hart.
- The liuer.
- The ſtones of generation.

Officiall members.

- Synewes whych dooe ſerue to the brayne.
- Arteries or pulſes, which do ſerue to the hart.
- Veynes which do ſerue to the liuer.
- Veſſels ſpermaticke, wherein mans ſeede lyeth, which do ſerue to the ſtones.

Partes called Similares, for beinge deuided they remaine in theim ſelfe like as they were.

- Bones.
- Griſtell.
- Calles betwixt the vtermoſt ſkin and the fleſhe.
- Muſcules or fillets.
- Fatte.
- Fleſhe.

Members inſtrumentall.

- The ſtomacke.
- The raynes.
- The bowelles.
- All the great ſynewes.

Theſe of their vertu do appetit meate & alter it.

Of

Of povvers

- Animall.
- Spirituall.
- Naturall.

Naturall povver.
- Which do miniſter.
- To whom is miniſtred.

VVhich doth miniſter
- Appetiteth.
- Retayneth.
- Digeſteth.
- Expelleth.

To vvhom is miniſtred
- Ingendreth.
- Nouriſheth.
- Feedeth.

Povver ſpirituall
- Working, which dylateth the hart and arteries, and eftſones ſtreyneth them.
- Wrought, which is ſtirred by an exteriour cauſe to worke, whereof commeth anger, indignation, ſubtiltye, and care.

Povver animall
- That which ordeineth, decerneth, and compoſeth.
- That moueth by voluntary motion.
- That which is called ſenſible, whereof doe procede the fiue wittes

Of that vvhich ordayneth do procede.
- Imaginatiõ in the forehed
- Reason in the brayne.
- Remembraunce in ỹ nodell.

Operations
- Appetite by heate and dryth.
- Digestion by heate and moysture.
- Reteyning by cold and dryth.
- Expulsion by cold and moiste.

¶ Spirite is an ayrie substaũce, subtil, stirringe the powers of the bodye, to perfourme their operations, which is deuided into,

- Naturall, whiche taketh his beginning of the liuer, and by the veynes whiche haue no pulse, spredeth into al ỹ whole bodye.
- Vital, whiche procedeth frõ the hart & by the arteries or pulses is sent into the whole bodye.
- Animal, whiche is ingendred in the brayne and is sente by the senewes, throughout the body, & maketh sence or feelinge.

Annexed to thinges naturall.

Ages be .iiii.
- Adolescentie to. xxb. yeares hot & moyste, in the whiche tyme the body groweth.
- Iuuentute vnto. xl. yeares hot & drie wherin the body is in perfect growth,
- Senectute, vnto. lx. yeares, cold and dry, wherein the body beginneth to decrease.

Ag

Age decrepite vntil the next tyme of life, accidētly moyste, but naturally cold and drie wherin the powers and strength of the body be more and more minished.

Coloure

Of inwarde causes.
Of outward causes.

Coloure of inwvard causes.

Of equality of humours, as hee that is redde and whyte.
Of inequality of humours, wher of do procede black, salowe: pale, or whyte onely.
Blacke. Redde. Salow. } do be token dominion of heate.
Whyte, colde of flewme.
Pale cold melancoly
Redde, aboundance of bloud.
Salow, choler citrine.
Black, melācholy or choler adust.

Coloure of outvvarde causes

Of cold or heate as Englishe men be whyte, Moriens be blacke,
Of thinges accidentall, as of feare, of angar, of sorowe, or other like motions.

Coloure of heate.

- Blacke, eyther of aboūda unce of cholier inflamed, or of much incēding or aduſtion of bloude.
- Redde heare, of much heate not aduſte
- Gray hayres of aboundaunce of melancholy.
- Whyte hayres of the lacke of naturalheate, and by occaſion of flewme putrified.

All the reſidue concerninge thinges naturall contayned in the Introduction of Joannitius, and in the little crafte of Galene, I purpoſelye paſſe ouer for this tyme, for as much as it doth require a reader hauing ſom knowledge in philoſophie naturall, or els, it is harde and tedious to bee vnderſtande. Moreouer this, whiche I haue written in this firſt table, ſhalbe ſufficiente to the conſeruation of health. I mean wyth that whiche now foloweth in the other tables.

The Seconde table

THinges not natural be ſo called, becauſe they be, no portion of a naturall bodye, as they be, which bee called naturall thinges but yet by the temperaunce of theym the bodye beyng in health, ſo conſiſteth: by the diſtēperaunce of theym, ſickneſs is induced, and the bodye diſſolued.

The firſt of thinges not naturall, is ayre. whiche is properlye of it ſelfe or of ſome materiall

rtiall cauſe or occaſion good or ill.

That which is of it ſelfe good, hath pure vapors and is odoriferous.

Alſo it ys of it ſelfe, ſwyft in alteration from hoat to cold, wherein the bodye is not much prouoked to ſweate for heate, ne to chil for behemēcie of colde.

Ayre among al thinges not natural is chiefely to bee obſerued,, for as muche as it doth both incloſe vs, and alſo enter into our bodyes, ſpecially the moſt noble member: which is the harte, and we cannot be ſeperate one howre from it, for the neceſſity of breathing and fetchinge of wind.

The cauſes wherby ȳ ayre is corrupted be ſpecially foure.

- Influēce of ſondry ſtarres.
- Greate ſtandinge waters neuer refreſhed.
- Carraine lying long aboue grounde.
- Muche people in ſmall roume lying vncleanely and ſluttiſhlye.

VVynd bringing holeſome ayre

- North which prolongeth lyfe, by expulſinge ill vapoures.
- Eaſte is temperate & luſty

VVinde bringing ill ayre.

- Southe corrupteth: and maketh ill vapours.
- Weſt is very mutable, whiche nature doth hate.

Meate and Drinke

In meate and drinke wee muste consider fixe thinges.

Substance.
Quantitye.
Qualitye.
Custome.
Tyme,
Order.

Substaunce, some is good, whiche maketh good iuyce and good bloud, some is ill, and ingẽdreth il iuyce and ill bloud.

Meates and drinkes making good iuyce.

Breade of pure flower, of good wheate somewhat leuened, wel baked, not to olde nor to stale.

Egges of fesauntes, hennes, or partriches, newe laied, poched, meane betwene rere & hard.

Mylke new mylked dronk fasting, wherin is suger or the leaues of myntes.

Fesauntes.
Partriches or chickens.
Capons or hennes.
Birdes of the fieldes.
Fyshe of stony riuers.
Veale sucking.
Pork yong.
Bief not passing 3 yeres.
Pigeons.
Venisõ of red dere
Pease potage w̃ mintes

Feete

Feete of ſwyne or calues.
Figges ripe,
Raiſons, } before meeles.
Bourage.
Languedebicke.
Perſely.
Mintes.
Ryce wyth Almonde mylke.
Lettyce.
Cycory.
Grapes.
Wynes good moderately taken, wel fined.
Ale and biere fyue days olde, cleane brewed, and not ſtrong.
Myrth and gladnes,
The liuer and braynes of hennes and chikens & yong geeſe

Meates and drinkes makyng il iuyce

Olde biefe.
Olde mutton.
Geeſe olde.
Swanne olde.
Duckes of the kanell
Inwarde of beaſtes
Blacke puddinges.
The hart, liuer, and kidneis of al beaſte.
The braynes and mary of the backbone.
Wood culuers.
Shel fiſhe, except creuiſe de eau doulce.
Cheſe hard.
Apples add peares much vſed.
Figges and grapes not ripe.
All raw herbes, except lettiſe, borage

and Cicory.

Onions, Garlike, Leekes, } immoderately vsed, specially in cholericke stomackes.

Wyne musty or sowre.

Feare, sorow and pensifenes.

Meates ingendring choler

Garlike,
Onions.
Robat.
Kersis.
Leekes.
Mustarde.
Pepper.
Honye.
Wyne muche dronken.
Swete meates.

Meates ingendring fleame.

All fymie and cleauing meates.
These new.
All fishe, specially in a fleumatike stomacke.
Inwardes of beastes.
Lambes flesh.
The fatte partes of flesh.
Skynnes.
Braines.
Lunges.
Rapes.
Cucumbers.
Repletion,
Lacke of exercise

Mea-

Meats ingẽdʒing melancholy
Bieke.
Goats flesh.
Hares flesh.
Boares flesh.
Salt flesh.
Salte fishe.
Colewoʒtes.
All pulse except white peason.
Bʒowne bʒead course.
Thicke wyne.
Blacke wyne.
Olde cheese.
Olde flesh.
Great fishes of the sea.
Meates making thicke iuice
Rye bʒeade.
Muste
Bʒead without leauen.
Cake bʒeade
Sea fishe greate
Shell fishe.
Bieke.
The kidneis.
The liuer of a swyne.
The stones of beastes.
Milke much sodden.
Rapes.
All round rootes.
Cucumbers.
Sweete wyne.
Deepe red wyne.
Garlike

Muſtard.
Origanum.
Hyſope.
Baſyll.
Fenel.
Cheſe.
Egges fryed or hard.
Cheſten nuts.
Nauewes.
Figges greene,
Apples not rype.
Pepper
Roſat,
Leekes. } much vſed
Onions.

Meats vvhich do hurt ȳ teeth
Very hot meates.
Nuttes.
Swecte meates and drinkes
Radiſhe rootes.
Hard meates.
Myſke.
Bitter meates.
Much vomit.
Leekes.
Fyſh fatte
Lymons.
Colewortes.

Meats vvhich do hurt the eies
Drunkennesſe.

Leche-

Lechery
Muſte.
All poulſe.
Sweete wines and thick wines.
Hemp ſeede.
Very ſalt meates.
Garlike.
Onions.
Colewoztes.
Radiſhe.
Readig after ſupper immediatly

Makyng great opilations.

Thicke milke.
All ſweete thinges.
Rye bzeade.
Sweete wynes.

Meates inflating or vvindy

Beanes
Lupines.
Cicer.
Mille.
Cucumbers.
All iuyce of herbes.
Figges dzye.
Rapes.
Nauews raw.
Milke
Hony not wel clarifyed.
Muſte.

Leches

Thin.

Thinges good for the head.

Cubebes.
Galingale.
Lignum aloes.
Maioram.
Baulme mintes.
Gladen.
Nutmegges
Muske.
Roſemary.
Roſes.
Piony.
Hyſope.
Spyke.
Camomil.
Mellilote.
Rew
Frankinſence.

Thinges good for the hart

Cynamome.
Saffron.
Coral.
Cloues.
Lignum aloes.
Perles.
Macis.
Baulme mintes.
Myrabolanes.
Muske.
Nutmegges.
Roſemary.
The bone of the hart of a redde deere.
Maioram
Bugloſſe
Bourage.
Setwal.

Thinges good for the liuer

Wormewood.
Wythwynde.
Agrymony.
Saffron.
Cloues.
Endyue.
Liuerwort.
Cicory.
Plantayne.
Dragons.
Raiſons greate.
Saunders
Fenell.
Violettes.
Roſe water.
Lettiſe.

Thinges good for the lunges.

Elicampane.
Hyſope.
Scabioſe.
Licoriſe.
Raiſons.
Maydenheare.

Penidies,
Almondes,
Dates.
Piſtaces.

Thinges good for the eies

Eyebryght.
Fenell.
Veruaine.
Roſes.
Celendine.
Agrimony
Cloues.
Colde water.

Thinges good for the ſtomake.

Myrabolanes,
Nutmegges,
Organum.
Pyſtaces.
Quinces
Olibanum.
Wormwode.
Saffron.
Coral.
Agrymony.
Fumatory.
Galingale.
Cloues.
Lignum aloes.
Maſtix.
Mynte.
Spodium.
The innermoſte ſkinne of a hennes gyſar.
Coriander prepared.

THE SECONDE BOOKE of quantitie. Cap. 1.

THE QVANTITIE of meate muſt be portioned after ỹ ſubſtaunce & quality therof, and according to the complexion of him ỹ eateth. Firſt it ought to bee remẽbred, that meates hotte & moiſte, whiche are qualityes of the blouds are ſone tourned into bloude, and therfore much noriſheth the body. Some meates do nouriſhe but little

little, hauinge little confirmitye wyth bloudde in their qualities. Of them which do nouriſhe. Some are moꝛe groſſe, ſome lighter in digeſtiō. The groſſe meate ingendꝛeth groſſe bloude, but where it is wel concoct in the ſtomacke and wel digeſted it maketh the fleſhe mooꝛe fyrme, and the officiall members moꝛe ſtronge, than fyne meates. Wherefoꝛe of men, which vſe much laboure oꝛ exerciſe, alſo of them, which haue very choleryke ſtomackes, here in Englande, groſſe meates may be eaten in a great quantity: and in a cholerike ſtomake, bieke is better digeſted thā a chickens leg, foꝛ as muche as in a hot ſtomake fyne meates be ſhoꝛtly aduſt and coꝛrupted. Contrarywyſe in a colde oꝛ flumatike ſtomake groſſe meate abydeth longe vndigeſted, and maketh putrified matter: light meates therefoꝛe be to ſuch a ſtomake moꝛe apt and conuenient.

The temperate bodye is beſte nourylſhed wyth a little quantity of groſſe meates: but of temperate meates in ſubſtaūce and quality, they maye ſafelye eate a good quantity. Foꝛſeen alwaye that they eate whithoute gourmandiſe, oꝛ leaue with ſome appetite. And here it would be remēbꝛed, that the cholerike ſtomake doth not deſtre ſo much as hee maye digeſte, the melācholy ſtomake maye not digeſte ſo muche as hee deſtreth: foꝛ colde maketh appetite, but natural heate concocteth oꝛ boyleth. Not withſtanding vnnatural oꝛ ſupernaturall heate deſtroyeth appetite, and coꝛrupteth digeſtion, as it appeꝛeth in feuers. Moꝛeouer frutes and herbes, ſpeciallye rawe, woulde, bee eaten in a ſmall quantitye, although

though the perſone be very cholerike, forasmuch as they do ingender thynne watery bloude, apte to receiue putrifaction, which although it bee not ſhortlye perceiued of him that vſeth it, at length they feele it by ſundry diſeaſes which are long in comming, and ſhortly fleeth, or bee harde lye eccaped. Finallye exceſſe of meates is to bee abhorred. For as it is ſayde in the booke called Eccleſiaſticus, In much meate ſhalbe ſickenes, and inordinate appetite ſhal approche vnto choler. Semblablye the quantitye of drinke woulde bee moderated, that it exceede not nor bee equale vnto the quantity of meate, ſpecially wyne, whiche moderately taken, aydeth nature, and comforteth hir, and as the ſayd authour of Eccleſiaſticus ſayth, Wyne is a reioycinge to the ſoule and bodye. And Theognes ſayth, in galenes worke, A large draught of wyne is yll, a moderate draught is not onely not yll, but alſo commodyous or profitable.

Eccle. 17. Eccle. 31. Galen. de tuenda ſanitate.

Of quality of meates. Cap. 2

QUality is in the complexion, ỹ is to ſay it is the ſtate thereof, as hotte, or colde, moyſt or drye. And ſome meates bee in wynter coulde in acte, & in vertue hot. And it would be conſidered ỹ euery complexion temperate and vntemperate, is conſerued in his ſtate, by that whiche is like thereto in fourme & degree. But that whiche exceedeth muche in diſtemperaunce, muſt be reduced to his temperaunce, by that whiche is contrarye to him in fourme or quality but like in degree moderately vſed. By fourme is vnderſtande groſſenes, fineneſſe

neſſe, thickneſſe, or thinneſſe, by degree, as ỹ firſt the ſecond, ỹ thyrd, the fourth in heat cold, moyſture, or dryth.

Of Cuſtome.

CUſtome in feeding is not to bee contemned, or little regarded: for thoſe meates, to the which a man hath ben of long time accuſtomed, though they bee not of ſubſtaunce commendable, yet do they ſometime leſſe harme then better meates, whereunto a man is not vſed. Alſo the meates and drinkes, whiche do much delite hym that eateth, are to bee preferred before that whyche is better, but more vnſauery. But if the cuſtome be ſo pernicious, that it nedes muſt be left, than would it be with drawen by little and little in tyme of health, and not of ſickneſſe. For if it ſhoulde bee withdrawen in tyme of ſickeneſſe, nature ſhould ſuſteyne treble detriment, firſt by the griefe induced by ſickneſſe, ſecõdlye by receiuing of medicines, thirdly, by forbearyng the thing, wherein ſhe deliteth.

Of the temperature of meats to be receiued. Cap. 4.

TO kepe the bodye in good temper, to thẽ whoſe natural cõplexion is moyſt, ought to be geuen meates ỹ be moyſt in vertue, or power. Contrariwyſe to them, whoſe naturall cõplexion is drye, ought to bee geuen meates drye in vertue or power. To bodies vntemperate, ſuche meates or drinkes as to bee gi-

uen,

uem, which be in power contrarye to the diſtemperance but the degrees are alway to be cõſidered as well of the temperaunce of the body, as of the meates. For where the meates do mutch exceede in degree the temperature of the body, they annoy the body in cauſinge diſtemperaunce. As hotte wynes, pepper, garlike, onions, and ſalte, be hoyfull to them, which be cholerike, becauſe they be in the higheſt degree of heat and drythe aboue the iuſt temperaũce of mans bodye in that complexion. And yet be they oftentimes holſome to them, which be fleumatike. Contrary wyſe, cold water, cold herbes, and cold fruictes moderately vſed, be holſome to cholerike bodies, by putting away the heate, exceadinge the naturall tẽperature: and to them, which bee fleumatike, they be vnholſome, and do bringe into them diſtemperaunce of colde and moiſte.

VVhat diſtemperaunce happeneth by the exceſſe of ſundry qualities in meates and drinkes. Cap. 5.

Meates,
- Colde, do congele and mortifie.
- Moiſte, do putrifie and haſten age.
- Dry, ſucketh vp naturall moiſture.
- Clãmy, ſtoppeth the iſſue of vapors and vrine, and ingendreth toughe fleume and grauell,
- Fat and oily, ſwimmeth longe in the ſtomake, & bringeth in vnholſomnes.
- Bitter, doth not nouriſhe.
- Salte, do fret mutch the ſtomacke.

Harrishe, like the taste of wyld fruictes do constipate and restrayne.
Sweete, chaseth the bloude, & causeth opilations or stoppinges of the poores and conduites of the body.
Sower cooleth nature. & hasteneth age.

What commoditye happeneth by the moderate vse of the sayd qualitie of meates and drinkes. Cap. 6

Meates.

Cold asswageth the burning of choler
Moyste, humecteth that whiche is dryed.
Drye, consumeth superfluous moysture.
Clammy, thycketh that whiche is subtill and persing.
Bitter, clēseth & wypeth of, also mollifyeth and expelleth fleme
Salt, relenteth fleume clammy. and dryeth it.
Fat and vnctuous, nourisheth and maketh soluble.
Stiptike or rough on the tonge byndeth and cōforteth appetite
Sweete doth clense, dissolue, & nourishe

Of fruictes. Cap.7.

FOr as mutch as before that tyllage of corne was inuented, and that deuouringe of flesshe and fisshe was of mankynde vsed, men vndoubtedly liued by fruictes and Nature was therewith contented and satisfied, but by change of the diet of our progenitours, there is causeed to be in our bodies sutch alteration from the nature, which was in man at the beginning that now al fruictes generally are noyfull to man, and do ingender ill humours, and be ofte times the cause of putrified feuers, if they bee mutch and continually eaten. Notwithstandinge vnto theym, which haue abundance of choler, they be sometime conuenient, to represse the flame, which procedeth of choler. And some fruites, which be stiptike or bindinge in taste, eaten before meales, do binde the beely, but eaten after meales, they be rather laxatiue. Now shall it be vnexpedient to write of some fruictes particularly, declaring theyr noyfull qualities in appeiringe of nature, and how they may be vsed with least detriment.

Of Gourdes.

GOurdes rawe be vnpleasaunt in eatinge. ill for the stomake, and almost neuer digested, therefore he that wil neades eat them must boile them, rosste them, or fry them, euery way they be without sauor or tast, and of their propre nature they giue to the body cold and moist nourishmēt, and that very little, but by reason of the slipper- Galen de alimen. 2.

neſſe of theyr ſubſtaunce: and becauſe all meates: Whych be moiſt of their nature, be not bindinge, they lightely paſſe forth by the bealy. And being well ordered, they will be metely concocte, if corruptiõ in the ſtomake do not preuent them: they be cold and moyſte in the ſeconde degree.

Of Melons and Pepons.

MElons and Pepons, be almoſt of one kind, but that the Melone is rounde like an apple, and the innermoſte parte thereof, where the ſedes are conteigned, is vſed to be eaten. The Pepon is mutch greater & ſomewhat longe, and the inner part thereof is not to be eaten: They both are very colde and moiſt, and dooe make ill iuyce in the body, if they be not wel digeſted, but the Pepon mutch more than the Melon, they do leaſt hurt, if they be eaten afore meales. Albeit, if they do finde in the ſtomacke fleume, they be turned into fleume, if they finde choler, they bee turned into choler. Notwithſtandinge, there is in theym the vertue to cleanſe and to prouoke vrine: they be colde and moyſte in the ſeconde degree.

Cucumbers.

Galen de alimen. 2.

CUcumbers do not exceede ſo mutch in moiſture as Melons, & therefore they be not ſo ſone corrupted in the ſtomacke. But in ſome ſtomackes, beynge moderately vſed, they do dygeſt well, but if they bee aboundauntely eaten or

eaten or muche vſed, they ingender a colde and thicke humour in the beynes, which neuer or ſeldome is tourned into good bloude, and ſometyme bryngeth in feuers. Alſo they abate carnall luſt. The ſeedes aswell thereof, as of Melons and gourdes, beyng dryed, and made cleane frō the huſkes, are very medicinable agaynſte ſickeneſſes proceding of heate: alſo the difficultye or letin pyſſing: they be colde and moyſte in the ſeconde dgree

Dates.

BE harde to digeſte, therefore beynge muche eatē and not wel digeſted, they anoy the head and cauſe gnawinge in the ſtomake, and maketh groſſe iuyce, and ſometyme cauſe obſtructions or ſtoppynges in the liuer and ſpleane. And where there is inflamation or hardenes in ỹ body they are vnholeſome, but beynge well digeſted & temperately vſed, they nouriſhe & make ỹ fleſhe firmd add alſo bindeth the bealy, old dates be hot & dry in the fyrſt degree: new gathered are hot & moyſte in the firſt degee.

of Fygges

FIgges eaten, do ſhortly paſſe oute of the ſtomake, and are ſoone diſtrybuted into all the partes of the bodye, and haue the power to cleanſe ſpecially grauell, beynge in the raynes of the back, but they make no ſubſtantial nouriſhment, but rather somewhat lo uſe & wyndye, but by theyr qnicke paſſage, the wynde is ſoone diſſolued. Therfore if they be rype, they do leaſt

harme of any fruites, or almoſt none. Dꝛye figges and old, are moꝛe hotte and moyſt than new gathered, but beynge muche eaten they make yll bloud and iuyce and as ſome do ſuppoſe, do ingender lice: and alſo annoyeth the liuer and the ſplene, if they bee inflamed but hauinge the power to attenuate or make humours currante, they make the bodye ſoluble, and do clenſe the raynes. Alſo beyng eaten afoꝛe dinner wyth ginger oꝛ pepper, oꝛ powder of tyme, oꝛ penirogal: they pꝛofitte much to them whiche haue oppilations oꝛ harde congeled matter in the inner partes of the body, oꝛ haue diſtillations oꝛ rewmes falling into the bꝛeaſt and ſtomack. New figges are hot and moyſt, olde figges are hot in the firſt degree, and dꝛy in the ſecond.

Of Grapes and Rayſons.

GRapes do not nowꝛiſh ſo muche as figs: but beynge rype, they make not muche ill iuice in the bodie: albeit newlye gathered they trouble the bellye, and filleth the ſtomake wyth wynde, therefoꝛe if they bee hanged vppe a whyle, ere they be eaten, they are the leſſe noyfull. Swecte grapes, are hotteſt, and do loſe ſomewhat and make a men thyrſty

Galen de alimentis 2.

Dioſco. 5

Sowꝛe grapes are colde, and do alſo looſe, but they are harde of digeſtion, and yet they do not nouriſhe. They which are in taſt bitter oꝛ harriſhe be lik to them that are ſowꝛ. Rayſons do make the ſtomake firme and ſtronge, and do pꝛouoke appetite, and do comfoꝛt weake bodies

be

beyng eaten afore meales they bee hot in the firſt degree, and moyſt in the ſeconde.

Of Cheries

Cheries if they bee ſweete, they doe ſoone ſlip downe into the ſtomake, but if they be ſowre or ſharp, they be more holſome, and doe loſe yf they bee eaten freſhe and newly gathered, they bee colde and moyſte in the firſt degre.

Of Peaches

Peaches do leſſe harme and do make better iuyce in the bodye for they are not ſo ſoone corrupted beyng eaten: of the iuyce of them may be made a ſirope very holſome againſt the diſtemperance of choller, whereof proceedeth a ſtinking breath, they be cold in ỹ firſt degre, and moyſt in the ſeconde.

Of Apulles

All appulles eateuſoone after that they be gathered, are cold, hard to digeſt, and do make il and corrupted bloud, but beyng well kepte vntill the next wynter, or the yeare folowing, eaten after meales, they are right holeſome, & do confyrme the ſtomacke, and make good digeſtion, ſpecialye if they be roſted or baken moſt properly in a cholerike ſtomacke: they are beſt preſerued in honye, ſo ỹ one touche not an other. The roughe taſted appulles are holſome, where the ſtomacke is weake by diſtemperaunce of heate or much moyſture. The bitter

apulles, where the griefe is increased. The sower appulles, where ye matter is congeled or made thicke wyth heate: in distemperature of heate & dryth by drynkinge muche wyne, they haue beene found commodions beyng eaten at night going to bed wythout drynkyng to them, they bee colde and moyst in the first degree.

Of Quinces.

QUynces be cold and drye, eaten afore meales they bynde and restreyne the stomacke, that it may not disgest wel the meate except that they bee rosted or sodden, the core taken out and mixed with hony clarifyed, or sugar, thē they cause good apetyte, and preserueth the heade frome drunkennes: taken after meate, it closeth and draweth the stomacke together, and helpeth yt to digeste, and molifyeth ye belly, if it be aboundantlye taken, they bee colde in fyrste degree, and drye in the begynnynge of the seconde.

Of Pomegranates

POmegranates bee of good iuyce, and profitable to the stomacke, specially they whiche are sweete: but in a hotte feuer, they that are sowre be more expedient and holesome, for than the sweete do incende heate, and puffe vppe the stomake.

Of

Of Peares.

Peeares are muche of ỹ nature of apulles, but they are heauier? but taken after meat? rosted or baken, they are not vnholesome, & do restrayne and knyt the stomacke beyng rype: they be colde and moyste in the fyrst degree.

Medlars

Medlars are cold and drye, and constrictiue or strayning the stomacke, and therfore they may be eatea after me ales, as a medicine, but not vsed as meate, for they ingẽder melãcholy: they be colde & drye in the seconde degre.

VValnuttes.

Valnuttes, if they be blaunched, are supposed to be good for the stomacke, & some what losing the bellye myxt wyth sugar, they do nourishe tẽperately. Of two dry nuttes, as many figges, and .xx. leaues of Rew, with a grayne of salt, is made a medicine whereof if one do eate fasting nothing which is venemous may that day hurte hym, & it also preserueth against the pestilẽce, and this is the very ryght Mithridate, they be hotte and dry in the second degree, after some opinions hotte in the third degre, dry in the second.

Filberd and hasyl nuttes

They bee more stronge in substaunce, then walnutteg

nuttes, wherefore they are not so easelye or soone digested. Also they doe inflate the stomacke, and cause headache, but they engender fatte. And yf they be rosted, they be good to restrayne reumes Also eaten wyth pepper, they are good agaynste torments of the bellye, and the stopping of vrine They be hot and drye in the first degre.

Of Almondes.

They do extenuate and clense wythout any bindinge, wherefore they pourge ye brest and lunges, specially bytter Almondes, Also they do molify the bellye, prouoke sleepe and causeth to pisse well, fiue or sixe of them eaten afore meate, kepe a man from beyng drunke: they bee hotte and moyste in the first degree.

Of Chesteynes.

They beynge rosted vnder the embers, or hotte asshes, do nourishe the body strongly, and eate wyth honye fastyuge, do healpe a manne of the cough.

Of Prunes.

Of the Gardeyn eand rype, do dispose a man to the stoole, but they do bringe no maner of nowrishemēt. To this fruite lyke as to figges, this propertye remayneth that beyng dryed, they do profet. The Damaske prune rather byndeth than loseth, and

is

is more commodious vnto the stomacke: they be cold and moyst in the second degree.

Olyues

Condite in salte licoure, taken at the beginninge of a meale doth corroborate the stomacke, stirreth appetite, and loseth the bellie beyng eaten wyth vineger. They whiche be rype, are temperately hot, they which be greene are cold and drye,

Of Capers.

They nourishe nothinge after that they be salted, but yet they make the belly loose, and purgeth fleame, whiche is therin contayned. Also stirreth appetite to meate, and openeth the obstructions, or stopping of the liuer and splene, beyng eaten wyth oxymel, before any other meate, they be hot and drye in the second degre. Galen de alimentis 2.

Orenges.

The rindes taken in a little quantitye, do comfort the stomacke, wherein it digesteth specially condite wyth suger, and taken fastinge in small quantity. The iuyce of Orenges hauinge a toste of bread put into it, with a little pouder of myntes, suger, and alittle cinamome maketh a very good sauce to prouoke appetite. The iuice eaten wyth sugar in a hot feuer, is not to be discommended. The rind is hot in the first degree, and drye in the second, the iuyce of them is colde in the second degre, and drye in the firste.

Herbes

Herbes vſed in portage, or to eate. Cap. viii.

GEnerallye all herbes rawe, and not ſodden, do ingender cold & watry iuyce, if they be eaten cuſtomablye or in aboundance, al be it ſome herbes are mooze comeſtible, and leſſe harme vnto nature, and moderatly vſed maketh meetely good bloude.

Letties.

AMong al herbes none hath ſo good iuyce as lettiſe, for ſome men do ſuppoſe, that it maketh aboundaunce of bloude, al be yt not verye pure or perfit: it doth ſette a hotte appetite and eaten in the euening, it prouoketh ſleape, albe yt, it neyther doth loſe, nor bynd the bealy of his owne property. It increaſeth milke in a womans breſtes, but it abateth carnall appetite and much vſing thereof hurteth the eye ſight. It is cold and moyſt temperately.

Colewoetes and cabages.

BEfore that auarice cauſed Marchauntes to fetche out of the Eaſte and Southe partes of the worlde, the trafficke of ſpyce, and ſondry drougges to content the vnſaciableneſſe of wanton appetites. Colewortes for the vertues ſuppoſed to bee in theym were of ſuche eſtimation, that they weere iudged to bee a ſufficiente medecine agaynſt al diſeaſes as it may appeare in ỹ boke of wyſe Cato wherin he wryteth of

huſ

husbandry. But now I will no more remember, than shall be required, in that which shal be vsed as meate, and not pure medicine. The iuyce thereof hath vertue to pourge: The whole leaues beinge halfe soden, & the water powred out, and they beinge put eftsones into hot water, and soden vntill they be tender, so eaten they doe binde the beally. Some do suppose if they be eaten raw with vineger before meate, it shall preserue the stomacke from surfettinge, & the heade from drunkennes: all be it mutch vsing of them dulleth the sight, except the eyes be very moyste. Finally the iuyce that it maketh in the body, is not so commēdable, as that whych is ingendred of lettice. It is hot in the first degree, and dry in the seconde.

Of Cykory or Succory.

IT is like in operation to Lettise, and tempereth choler wonderfully, and therefore in all cholerike feuers, the decoction of this herbe, or the water thereof stilled, is right expediēt. Semblably the herbe and roote boyled with flesh that is freshe, beinge eaten, keapeth the stomacke and head in very good temper. I suppose that Sowthistle and Dentdelion, be of like qualities, but not so conuenient to be vsed of them, whych are hole, because they are wylde of nature and more bitter, and therefore causeth fastidiousnesse or lothsomnesse of the stomacke. It is cold and dry in the seconde degree.

En

Endiue and Scariole.

Bee mutch like in theyr operation to Cikory, but they are more conuenient to medicine than to meate. All be it Scariole called white Endiue, hauing the toppes of the leaues turned in and laide in the earth, at the latter ende of ſumer is couered, becommeth white and criſpe, like to the great ſtalkes of cabage lettice, whych are in winter taken vp and eaten. And to theym that haue hot ſtomakes and dyre, they bee right holſome, but beinge to mutche vſed, or in verye great quantity, they ingēder the humour, which maketh the chollicke, they be colde and moyſt in the firſt degree.

Malovves.

Galen de alimen. 2. Are not colde in operation, but rather ſomewhat warme, and haue in them a ſlipperneſſe. Wherefore beinge boyled and moderately eaten with oyle and vineger, they make meetely good concoction in the ſtomacke, and cauſeth the ſuperfluous matter therein eaſely to paſſe, and cleſeth the bealy. It is hotte and moyſt in the firſte degree.

VVhyte Beetes.

Are alſo abſterſiue and louſeth the bealy, but much eaten, annoyeth the ſtomake, but they are right good againſt obſtructions or ſtoppinge of the liuer, if they be eaten with vyneger or muſtarde, lykewyſe it healpeth the Splene. It is cold in the firſte degree, and moyſt in the ſecond.

Purſlan

Purſlane

Doth mittigate the greate heate in all the inward partes of the bodye, ſemblably of the head and eyes, alſo it repreſſeth the rage of Venus, but if it be preſerued in ſalte or bryne, it heateth and pourgeth the ſtomacke. It is colde in the third degree, and moyſt in the ſecond.

Charuayle

Is very profieable vnto the ſtomake, but yt may not ſuſteyne very much boyling, eaten with vynigar, it prouoketh appetite, and alſo bryue. The decoction therof drunke wyth, wyne, clenſeth the bladder.

Sorell.

Beyng ſodden it louſeth the beely. In a time of peſtilence, if one being faſting, do chewe ſome of the leaues, and ſucke downe the iuyce, it meruaiſouſlye preſerueth frome infectyons, as a newe practiſar called Guainerius doth wryte And I my ſelfe haue proued it in my houſhould. The ſeedes threof brayed and dronk wyth wyne and water, is very holſome againſt the colike, & frettinge of the guttes: it ſtoppeth fluxes, & helpeth the ſtomacke anoyed wyth repletion. It is colde in the thyrd degree and dry in the ſeconde.

Perſely

Is verye conuenient to the ſtomake, and confirteth appetite, and maketh the breath ſweete the ſeedes and roote cauſeth bryne to paſſe well, and breaketh the ſtone, diſſolueth wyndes, the rootes boyled in water, and thereof oximel being

made

made, it diſſolueth fleume, and maketh good dy-geſtion. It is hot and dry in the thyrde degree.

Fenell.

Being eaten the ſeede or roote maketh abun-dance of milke, likewyſe drunke with Ptiſane or ale. The ſede ſomwhat reſtraineth flux, pro-uoketh to piſſe, and mitigateth frettinges of the ſtomacke and guttes, ſpecially the decoction of the roote, if the matter, cauſinge frettinge, bee colde, but if it be of a hot cauſe, the vſe thereof is daungerous, for inflamation or exulceration of the raynes or bladder. It is hot in the thyrde de-gree, and dry in the firſt.

Galen. ſimpli. de medi-tamen. li. 3. ca. 7.

Anyſe ſeede.

Maketh ſwete breath, prouoketh vrine, and driueth downe thinges cleauinge to the raynes, or bladder, ſtirreth vp courage, and cauſeth a-bundaunce of milke. It is hotte and dry in the thirde degree.

Beanes.

They make wynde, howe ſo euer they be or-dered: the ſubſtaunce which they dooe make, is ſpungy, and not firme, all be it they be abſterſiue, or cleanſinge the body, they tarye longe, ere they be dygeſted, & make groſſe iuyce in the body: but if onions be ſoden with them, they be leſſe noy-full.

Peaſyn.

Are mutch of the nature of beanes, but they be leſſe windy, and paſſeth faſter out of the body, they be alſo abſterſiue, or cleanſinge, ſpecially white peaſyn, and they alſo cauſe meetely good nou-

nouriſhinge, the huſkes taken awaye. And the broth, wherin they be ſoddē, clenſeth right well the raynes and bladder.

Rape rootes and Nauewes. Cap. 9.

The iuice made by them is very groſſe & therfore beinge much eaten, if they be not perfectly concoct in the ſtomacke, they do make crude or rawe iuyce in the beines. Alſo if they be not wel boyled, they cauſe wyndes, and annoy the ſtomacke, and make ſometyme frettinges: If they be well boyled firſt in cleane water, and that beinge caſt away, the ſeconde time with fatte fleſh, they noriſh much and do neither looſe nor bynde the bealy. But Nauewes do not nouriſhe ſo much as rapes, but they be euen as windy.

Turnepes.

Beinge well boyled in water, and after with fatte fleſhe, nouriſheth much, augmenteth the ſeede of man, prouoketh carnal luſt. Eaten rawe thei ſtirre vp appettite to eate, being temperately vſed, and be conuenient vnto them, which haue putrified matter in their breaſtes or lunges, cauſing them to ſpit eaſily, but being much and oft eaten, they make rawe iuyce & windineſſe.

Parſnepes and Carrettes.

They doe nouriſhe with better iuice than the other rootes, ſpecially carrettes, which are hot and dry, & expelleth winde. Notwithſtandinge, much vſed they ingender ill iuyce, but carrets Gal. ſimp. medica. lib. 7.

leſſe than parſnepes, the one & thother expelleth vrine.

Radiſhe Rootes.

Pau. Ægineta. Dioſc. li. 7 de alimẽ.

Haue the vertue to extenuate or make thinne, and alſo to warme. Alſo they cauſe to breake winde, and to piſſe: Beinge eaten afore meales, they let the meate that it may not diſcende, but being eaten laſt, they make good digeſtion, and looſeth the bealy, though Galenus write contrary. For I, amonge diuerſe other, by experiente haue proued it: Notwithſtandinge they be vnholſome for them, that haue cõtinually the gout, or peine in the ioyntes.

Garlike.

It doth extenuate and cutte groſſe humours and ſlimy, diſſolueth groſſe wyndes, and heateth all the body, alſo openeth the places, which are ſtopped, generally where it is well digeſted in the ſtomacke: it is holſome to diuers purpoſes, ſpecially in the bodye, wherein is groſſe matter, or much colde incloſed, if it bee ſodden vntill it looſeth his tartneſſe, it ſomewhat nouriſheth, & yet looſeth not his property, to extenuate groſſe humoures, beinge ſodden in mylke, it profitteth much againſt diſtillations from the heade into the ſtomacke.

Onyons.

Do alſo extenuate but the long onyons more than the round, the red more than the white, the dry more than they whych be greene: alſo rawe more than ſodden, they ſtirre appetite to meate, and put a way lothſomneſſe, and loſe the beally, they quicken ſighte, and beyng eaten in great abundaunce with meate, they cauſe one to ſleepe ſoundely

foundly.

Leekes.

We of ill iuyce, and do make troublous dreames, but they do extenuate and clenſe the bodye, and alſo make it ſoluble, and prouoketh vrine. Moreouer it cauſeth one to ſpitte out eaſily the fleume which is in the breaſt. Galen. 7. cap. 138.

Sauge.

It heateth, and ſomewhat bindeth, and therewith prouoketh vrine, the decoction of the leaues and braunches being droncke. Alſo it ſtoppeth bleedinge of woundes, beynge layde vnto them. Moreouer it hath beene proued, that women, which haue beene longe time without children, and haue droncke .x. ounces of the iuyce of ſauge, with a graine of ſalt, a quarter of an houre before; that they haue compaygned with their huſbandes, haue conceiued at that time. It is hot and dry in the third degree, the vſinge thereof is good againſt palſeis.

Iſope.

Doeth heate and extenuate, whereby it digeſteth ſlymie fleume: being prepared with figges, it pourgeth fleume downward, with honye and water vpward, boyled in vineger it healpeth the tooth ach, if the teeth be waſhed therewith, it is hot and dry in thyrd degree.

Bourage.

Comforteth the harte and maketh one merye, eaten rawe before meales, or layd in wine that is droncke. Alſo it mollifieth the beally, and prepareth to the ſtoole. It is hot and moiſt in the middell of the firſt degree.

Sauery.

Pourgeth fleume, healpeth digeſtion, maketh quicke ſight, prouoketh vrine, and ſtirreth carnal appetite. It is hot and dry in ỹ third degree.

Rokat.

Heateth mutch, and increaſeth ſeede of man, prouoketh courage, helpeth digeſtion, and ſomewhat louſeth. It is hot and moyſt in the ſeconde degree.

Tyme.

Diſſolueth wyndes, breaketh the ſtone, expelleth vrine, and ceaſſeth frettinges. It is hot and dry in the third degree.

Peniroyall.

Doth extenuate, heate, and decoct, it reſtourmeth the ſtomacke oppreſſed with fleume, it doeth recomforte the faynt ſpirite, it expelleth melancoly by ſiege, and is medicinable againſt many diſeaſes. It is hot and dry in the third degree.

Townecreſſes.

Paulus diſcommendeth, ſaynge: that it reſiſteth concoction, & hurteth the ſtomacke, & maketh yll iuice in the body take as medicin, it helpeth many diſeaſes. It is hot & dry in the thirde degree.

Roſemary.

Hath the vertue to heate, and therefore it diſſolueth humours congeled with colde: It helpeth againſt palſeis, fallinge ſickneſſe, old diſeaſes of the breaſt, tourmentes or fretinge, it prouoketh vrine & ſweate: it healpeth the cough taken with pepper and hony, it putteth away tooth ache, the roote being chewed, or the iuyce thereof put into

the

the tooth beinge bourned, the fume thereof reſiſteth the peſtilence: the rinde thereof ſodden or burned, the fume receiued at the mouth, ſtoppeth the reume, which falleth out of the head into the cheekes or throte: which I my ſelfe haue proued, the greene leaues bruiſed, do ſtoppe the Hemoroides, if they be laied vnto them: That herbe is hot and dry in the thirde degree.

Spyces grovvinge out of this Realme vſed in meate and drincke. Cap. 10.

Pepper.

BLacke pepper is hotteſt, and moſt dry, white peper is next, longe pepper is moſt tẽperat. The generall property of all kinds of pepper is to heate the body, but as Galen ſayth, it perceth downeward, & doth not ſpread into the veynes, it helpeth digeſtion, expulſeth vrine, and it healpeth againſt the diſeaſes of the breaſt, proceding of cold. It is hot in the firſt degree, and dry in the ſeconde.

Ginger.

Heateth the ſtomacke, and helpeth digeſtion, but it heateth not ſo ſoone as pepper: but afterward the heate remayneth longer, and cauſeth the mouth to be moyſt: Beinge greene, or well confectioned in cyrope, it comforteth mutch the ſtomacke & heade, and quickneth remembraunce, if it be taken in the morninge faſting. It is hot in the ſeconde degree, and dry in the firſt.

Saffron.

Somewhat bindeth, heateth and comforteth the ſtomache, and the hart ſpecially, and maketh good digeſtion, beinge eaten or drunke in a ſmal quantity. It is hot in the ſecond degree, and dry in the firſt.

Cloues.

Hath vertue to comforte the ſinewes, alſo to conſume and diſſolue ſuperfluous humours. They be hot & dry in the thirde degree, ſodden with milke, it cõforteth the debility of nature.

Maces.

Dioſcorides cõmendeth to be dronke againſt ſpitting of bloud, and bludy fluxes, and exceſſiue laxes. Paulus Aegineta addeth to it, that it helpeth the colike. They be hot in the 2. degree and dry in the. 3. degree. It is to the ſtomache very commodious, taken in a little quantity.

Nutmeges.

With their ſweete odour comforte and diſſolue, and ſomtime comforteth the power of the ſighte and alſo the braine in cold diſcraſies, and is hot and dry in the ſecond degree.

Of bread, Cap. 11.

Galen de alimentis. 2.

Bread of fine flower of wheate, hauinge no leauen, is slowe of digeſtion, and maketh ſlimy humours, but it nouriſheth mutch: if it bee leauened, it digeſteth ſoner.

Bread hauinge mutch braune, filleth the beally with excreementes, and nouriſheth little or nothing but ſhortly diſcendeth from the ſtomache. The meane betweene both, ſufficiently leauened well

well moulded, and moderatly baken, is the moſt holſome to euerye age. The greateſt Loues do nouriſhe moſt faſte, for as mutch as the fyre hath not exhauſted the moiſture of them. Hot breade ſlowly paſſeth. Barly bread cleanſeth the body, and doeth not nouriſhe ſo mutch as wheate, and maketh cold iuice in the body.

Of fleſhe. Cap. 12.

BEefe of England to Engliſhmen, whych are in health, bringeth ſtronge nouriſhinge but it maketh groſſe bloude, and ingendreth melancoly but beinge of yong Oxen, not exceedinge the age of foure yere, to them which haue cholericke ſtomackes, it is more cõuenient thã chickens, & other like fine meats.

Swynes fleſhe.

Aboue all kindes of fleſhe in nouriſhinge the body, Galen moſt cõmendeth porke, not beinge of an olde ſwyne, and that it be well digeſted of him that eateth it. For it maketh beſt iuyce, it is moſt conuenient for yonge perſons, and theym which haue ſuſtayned mutch laboure, and therewith are fatigate, and becom weake. Yonge pigges are not commended, before that they bee one moneth olde, for they do brede much ſuperfluous humours.

Lambe.

Is very moyſt & fleumatike, wherefor it is not conuenient for aged men, excepte that it bee very dry rosted, nor yet for them, which haue in their ſtomackes much fleame.

Mutton.

Galen doth not cõmend it, notwithſtãding experience proueth here in this Realme, ỹ if it be yong, it is a right temperate meate, and maketh good iuyce: and therefore it is vſed more thã any other meate, in all diſeaſes. And yet it is not like good in all places, nor ỹ ſheepe which beareth fineſt wol, is not the ſweteſt in eatinge, nor ỹ moſt tender. But I haue found in ſom coũtries mutton, which in whitenes tendernes & ſweetenes of the fleſhe, mought be well nighe compared to kid, and in diſgeſtion haue proued as holſome.

Galen de alimentis. 3.

Kidde and veale.

Of Galen is cõmended next vnto porke, but ſome men do ſuppoſe, that in health and ſickneſs they be much better than Porke, the iuice of thẽ both being more pure. And here it is to be noted, that of all beaſtes, which be dry of their nature, the yongeſt be moſt holſome, of them that are moyſt, the eldeſt are leaſt hurtfull.

Hare, Cony.

Maketh groſſe bloud, it dryeth and ſtoppeth, but yet it prouoketh a mã to pis. Cony maketh better and more pure nouriſhmente, and is ſoner diſgeſted then hare. It is wel proued, that there is no meate more holſome, or that more cleane firmely, and temperatly nouriſheth thã rabbets.

Hippo de ratione victus. li. 2. Cap. 19. Plin. 28.

Deere red and fallovve.

Hyppocrates affirmeth that fleſhe, of hartes and hindes to be ill iuyce, harde of digeſtion, and dry, but yet it moueth bryne. Of fallowe deere, he nor any other olde writer doth ſpeake of

of, as I remember. I ſuppoſe, beauſe there be not in all the world, ſo many as be in Englãde, where they conſume a good part of the beſt paſture in the realme, and are in nothing profitable, ſauing that of the ſkinnes of them is made better lether than is of calues, the huntinge of them being not ſo pleaſant as the hunting of other venery or vermine, the fleſh much more vnholſome and vnpleaſant than of a red deere, ingendringe melancoly, and makinge many feareſull dreames, and diſpoſeth the body to a feuer: if it be much eaten: notwithſtãding the fat therof (as ſome learned men haue ſuppoſed) is better to be digeſted than the leane.

Of birdes.

The fleſh of all brydes is mutch lighter, thã the fleſh of beaſts in compariſon moſt ſpecially of thoſe foules which truſte moſt to their winges, and do breede in high coũtryes.

Capons, hẽnes, and chikens.

The capon is aboue all other foules prayſed, for as mutch as it is eaſily dygeſted, and maketh little ordure, and mutch good nouriſhement. It is cõmodious to the breſt & ſtomacke. Hennes in winter are almoſt equall vnto the capon: but they do not make ſo ſtronge nouriſhment. Auicen ſayth, if they be roſted in the belly of a kid or lambe, they will be the better. Chickẽs in ſommer, ſpecially if they be cockrels, are very conuenient for a weake ſtomacke, and nouriſheth a lyttle. The fleſhe of a cocke is harde of digeſtion, but the broth, wherein it is boiled, looſeth the belly, and hauinge ſoddẽ in it colewortes

Poly-

Polypodium, or Cartamus, it purgeth ill humours, & is medicinable against goutes, ioinct ache, and feuers, which come by courses.

Fesaunt.

Excedeth all foules in sweetenesse, and holsomnes, and is equall to a capon in nourishinge, but he is somwhat drier, and is of some men put in comparison, meane betwene a henne and a partriche.

Partriche.

Of all foules is most sooneſt disgested: and hath in him mutch nutrimente, comforteth the braine, & maketh seede of generation, and reuiueth lust, which is abated.

Quayles.

Although they be of some men commended, yet experience proueth them to increase melancoly, and are of a small nourishing.

Larkes.

Be as well the flesshe as the broth very holsome: eaten rosted, they do mutch helpe against the colicke, as Dioscorides saith.

A Plouer.

Is slowe of digestion, nourisheth little, increaseth melancoly.

Blacke birdes or ouſsels.

Amonge wildfould hath the chiefe prayse, for lightnes of digestion, and that they make good nourishment, and little ordure.

Sparrovves.

Be harde to digest, and are very hot, and stireth vp Venus, & specially the braines of them.

VVood-

VVoodcockes.

Are of a good temperaunce, and meetely light in digeſtion.

Pygeons.

Be eaſily digeſted, and are very holſome to them, which are fleumaticke, & pure melãcoly.

Gooſe.

Is hard of digeſtion, but being yong and fat, the winges be eaſy to digeſt in a hole ſtomacke, and nouriſheth competently.

Ducke.

Is hotter than gooſe, and hard to digeſt, and maketh worſe iuyce, ſauinge the brawnes on the breaſt bone, and the necke, is better than the remnaũt.

Crane and Buſtarde.

Crane is harde of digeſtion, and maketh yll iuyce, but being hanged vp long in the ayre he is the leſſe vnholſom. Buſtard being fat, and kept without meate a day or two afore that he be killed, to expulſe his ordure, and than drawen, and hanged as the Crane is, beinge roſted or baken, is a good meate, and nouriſheth well, if he be wel digeſted.

Hearon, Byttoure, Shouelar.

Beinge yong and fat, be lightlier digeſted than crane, and the bittour ſooner than the hearon. And the ſhouelar ſooner than any of them, but al thoſe fowles muſt be eaten with mutch ginger or Pepper, and haue good old wine drunche after them, and ſo ſhall they be more eaſilye diſgeſted, and the iuice commynge of them be the leſſe noyfull

The

The partes and members of birdes and beaſtes. Cap. 13.

The winges, brawnes, & necke of geeſe, capons, hennes, feſaũt, partrich, & ſmal birdes beinge fat, are better, thã the legges in dignitiõ, & lighter in nouriſhing. Of wildfoule and pigeons being fat, the legges are better thã the winges, the brawnes of ducke, teale & wygeõ except, which is better to digeſt thã the reſidue.

The gyſar or ſtomacke.

Of a gooſe or henne, being fatte with braune and milke, being wel ſodden or made in poulder, is good for the ſtomacke, in makinge it ſtrõge to digeſt, and nouriſheth competently.

The liuer.

Of a Capon, henne, feſaunte, or gooſe beinge made fat with milke mixte with their meate, is not onely eaſye to diſgeſt, but alſo maketh good iuice, and nouriſheth excellẽtly. But the liuers of beaſtes be ill to diſgeſt, paſſeth ſlowlye, and maketh groſſe bloud, but it is ſtrõg in nouriſhig

The invvard of beaſtes, as tripes, and chitterlinges

The fleſh of them is more hard to diſgeſt. And therefore although they be wel diſgeſted. yet make they not iuice naturally ſanguine or cleane, but rawe iuice and colde, and requireth a long time to be conuerted into bloud.

The lunges or lyghtes.

Are more eaſy to diſgeſt than the liuer, and leſſe nouriſheth, but the nouriſhment that it maketh

maketh, is fleumatyke. All be it the lunges of a Foxe, is medicinable for them, which haue ſickeneſſe of the lunges.

The ſplene or Mylte.

Is of ill iuice, for it is the chāber of melancoly.

The harte.

Is of harde fleſhe, and therefore is not ſoone digeſted, nor paſſeth ſhortly, but where he is well digeſted, the iuice that it maketh, is not to be diſprayſed.

The Brayne.

Is fleumatike, of groſſe iuyce, ſlowe in digeſtinge noyouſe to the ſtomacke, but where it is well digeſted, it nouriſheth mutch.

Marovve.

Is more delectable than the brayne, it is yll for the ſtomacke, but where it is well digeſted it noriſheth much.

The Stones and Vdders.

Beinge well digeſted, do nouriſh much, but the ſtones are hotter with their moiſtnes, the vdders cold and fleumatike: they both do increaſe ſeede of generation: but the bloude made of the vdder is better than that which commeth of the ſtones, except it be of calues and lambes,

Alſo the ſtones of cocke, maketh commendable nouriſhmēt. The head.

The fleſhe thereof nouriſheth much and augmenteth ſeede, but it is ſlowe of digeſtion, and noyeth the ſtomacke, but to them, whych vſe mutch exercyſe, it is not commendable.

The tongue.

Is of a ſpungy and ſanguine ſubſtaunce, but the

the kernelles and gristell, which are in the roo-tes, if they be well digested, they make good nou-rysshment, if they be not well digested, they make fleume.

The feete.

Beinge well boyled and tender, in a hole sto-macke, digesteth well and maketh good iuyce, & passeth forth easely. Galen commēdeth the feete of swine: but I haue proued, that the feete of a yong bullocke, tenderly sodden, & layed in sowse two daies or three, and eatē cold in the eueninge, haue brought a cholericke stomacke into a good digestion and sleepe, and therewith hath also ex-pulsed salt fleume and choler: and this haue I found in my selfe by often experience, alway fore seene, that it be eatē before any other meate, with out drinckinge immediatly after it.

Of fisshe generally. Cap. 14.

The best fysshe after the opinion of Galen is that, which swimmeth in a pure sea, & is tos-sed & lift by with windes & sourges. The more caulme that the water is, the worse is the fisshe. They which are in muddy waters, doe make mutch fleume & ordure, taken in fennes and dy-ches be worste, beinge in freshe riuers and swift, be sometime commendable: All be it generally al kindes of fisshe maketh more thinner bloud than fleshe, so that it doeth mutch, nourysshe, and it do the sooner passe ouer by vapours: to a hot cho-lericke stomacke, or in feuers, sometyme they be holsome, beinge newe, freshe, and not very harde

in

in ſubſtance or ſlimy, hard fiſh is hard of digeſtion: but the nouriſhmēt therof is more firme, thā that which is ſoft: thoſe which haue much groſſe humours in them, are beſt powdred.

Of Butter. Cap. 15.

Butter is alſo nouriſhing, & profiteth in them, which haue humours ſuperfluous in the breaſt or lunges, and lacketh ripinge and clenſinge of them, ſpecially if it be eaten with ſugar or hony. If it be well ſalted it heateth & clenſeth the more.

Of Cheeſe. Cap. 16

Cheeſe by the hole ſentence of all auncient writers, letteth digeſtion, and is enemy vnto the ſtomacke. Alſo it ingēdreth il humours, & bredeth the ſtone: the cheeſe which doth leaſt harme is ſoft cheeſe reſonably ſalted, which ſome men doo ſuppoſe nouriſheth mutch.

Of Egges. Cap. 17.

Eggēs of feſantes, hennes, and partriches, be of all other meates moſte agreable vnto nature, ſpecially if they be newe layde: if they bee reere, they do clēſe the throte & the breaſt. If they be harde, they be ſlowe in digeſtion: but beynge once digeſted, they do nouriſhe mutch. Mean betwene reere and hard, they digeſt conuenently, and nouriſhe quickely. Egges well poched, are better than roſted. If they be fried harde, they be of il nouriſhment, and do make ſtincking fumes in the ſtomacke, & do corrupt other meates, with whom they be mingled.

They bee moſte holſome, whan they be poched,

and

and moſt vnholſome, when they be fried. Dioſcorides ſaith. If they be ſupped warme, before any other meate, they do heale the griefes of the bladder, and raines, made with grauell. Alſo ſoreneſs of the chekes and throte, and ſpittinge of bloud: and they be good againſte cattares or ſtillinge out of the head, into the ſtomache.

Of drinkes, and firſt of water. Cap. 28

VNdoubtedly water hath preheminēce aboue all other licors, not onely becauſe it is an elemēt, that is to ſaye, a pure matter, whereof all other licours haue their originall ſubſtance, but alſo for as much, as it was the very naturall & firſt drincke, to all maner of creatures.

Wherefore the ſayinge of Pindarus the Poet was euer well allowed, which ſaieth, water is beſt. And one thing is to well cōſidered, that frō the creation of the world, vntil the vniuerſall deluge or floud, durinye whych tyme, men lyued eyght or nyne hundred yeares, there was none other drincke vſed nor knowen but water. Alſo the true followers of Pithagoras doctrine, drancke onely water, and yet liued, as Appolonius, & other, and in the ſerchinge out of ſecret & miſticall things, their wittes excelled. Moreouer we haue ſeene men and women of great age, and ſtronge of body, which neuer, or very ſeldome, drancke other drincke, than pure water. As by example, in Cornewall, although that the countrey be in a verye colde quarter, whych proueth, that it menne from their infancie weare accuſtomed to

none

none other drinke but to water onelye moderatlye vsed, it shoulde bee sufficient to kepe naturall moisture, and to cause the meate that is eaten to perce and discende vnto the places of digestion which are the purposes that drink serueth for. But now to the qualitye of water, after the sētence of auncient philosophers and phisitions. The rayne water, after the opynion of the moste men, if it be receiued pure and cleane, is most subtill and penetratiue, of any other waters: The next is that, which issueth out of a spring in the east, and passeth swiftly among greate stones or rockes: The third is of a cleane riuer, which rēneth on greate hard stones or pebles. Ther be diuers meanes to trye out which is ỹ beste water, for that which is lyghtest in poyse or weyght ys best. Also that, whereof cōmeth least skymme or froth, whan it doth boyle. Also that whiche wil soneste bee hot. Moreouer dip linnen clothes into sundrie waters, and after lay them to drye. and that whiche is soneste drye, the water wherin it was dipped is most subtil. After a great surfet, specially taken wyth superfluous eating of bankering meates, colde water dronken is a generall remedy. Hippo, affirmeth, that in sharpe, & feruent diseases, none other remedy is to bee required than water. And Galene will not, that childrē shoulde be let from drinkinge of water, but that when they feele theym selues verye hot, after meales and do desire to drynke water, specially of a cleane fountain, they should be suffered. Also Hippo, saith: In such sickenes where as thou feareſt, least the head shoulde be behemētly

De ratione victus in morbis acutis. li 3.

greued, or the mynde perished, there must thou geue eyther water, or whyte wyne alayed wyth muche water. Notwithstãding there bee in water causes of diuers diseases, as of swellinge of the splene and the liuer, it also slitteth & swimmeth, and it is long or it perceth in as much as it is colde and slowe in decoction, it looseth not the bealye, nor prouoketh vryne. Also in this it is vicious, that of his propre nature it maketh none ordure. Fynally alway respecte must be had to the person that drynketh it: for to younge men, and thē that be hote of complexion, it doth lesse harme, and somtime it profyteth: but to thē ỹ are feble, old, flumatike, melācoly, it is not cōuenient.

Of VVyne Cap. .19.

PLato, ỹ wysest of al philosophers, doth affyrme, that wyne moderately dronke, norisheth and comforteth, as wel al the body as the spirites of man. And therfore God did ordain it for mankind, as a remedye against the incommodytyes of age, that thereby they should seeme to retorne vnto youth and forgette heauines. Undoubtedly wine heateth, and moysteth the body, which qualities chiefly conserueth nature. And Galene of al wynes, commendeth that which is yellow & cleare sayinge that it is the hottest, & whyte wyne least hot.

And the coloure meane betwene both, of semblable temperature. The yellow wyne whiche is the propre coloure of verye hotte wynes, to olde men doth bring these commodities. First it heateth al their members, also it purgeth by vrine

the

the watrye ſubſtaunce ofthe bloude. Moreouer, the wynes whiche be pale or yellowe, and full of ſubſtaunce, doe increaſe bloude, and nouriſhe the bodye, but for the more parte old men haue neede of ſuch wynes, which do prouoke vrine: for as muche as in them do abounde watrye excrementes, or ſuperfluities, and they whiche do tary longe in the bealy, be not apt for aged men. Blacke or deepe red wynes and thicke, do bynd and congele that whiche they do fynde in the bodye, and although ſome of them do not longe abyde in the bealye, yet they moue not vryne, but rather withdraweth: but yet they do harme to old men, for as muche as they do ſtop the conduites of the ſplene, the liuer & the raynes. Also groſſe wynes be beſt for theym, whiche deſire to be fatte, but it maketh oppylations: olde wyne and clere is better for them that bee fleumatike. Galene alſo prohibiteth children to drynke anye wyne, for as much as they be of an hote & moyſte temperature, and ſo is wyne: and therefore it heateth and moyſteth to muche their bodies, and filleth theyr heades with vapours. Moreouer, he would, that younge men ſhoulde drinke lyttle wyne, for it ſhall make them prone to furye, and to lechery, and that parte of the ſoule whiche is called rationabile, it ſhall make troublous and dull: notwythſtandinge, yet it is ſometyme profitable to mitigate or expel ordure, made of choler or melancholye. Also it profyteth agaynſte pithe, which happeneth in the ſubſtaunce of the bodye eyther by to much laboure, or by the prore temperature of age: for wyne moyſteth and

Galen de tuen ſani. lib. 1.

nouriſheth that, whiche is to dꝛye, alſo mittigateth and diſſolueth the ſharpeneſſe of choller, and purgeth it alſo by vꝛyne and ſweate. Fynallye (as Theognes ſayth.) Much dꝛinkyng of wine is il, but moderate dꝛinkinge of wyne is not only not ill, but alſo commodious and pꝛofitable, which ſentence is confyꝛmed by Jeſus Syꝛac, in the Booke named Eccleſiaſticus, ſayinge: wyne
Eccle. 31. moderately dꝛonke, reioyceth bothe the body and ſoule. Wherefoꝛe to conclude this chapter, there is neyther meate noꝛ dꝛinke, in the vſe whereof oughte to be a moꝛe diſcrete moderation, than in wyne, conſideryng that beynge good and dꝛonke in due tyme and meaſure, it not onely conſerueth naturall and radicall moyſture, wherby lyfe indureth, but alſo it helpeth the pꝛincipall membꝛes whiche belonge to digeſtion, to do their office: on the other parte beyng ill oꝛ coꝛrupt, oꝛ taken out of oꝛder and meaſure, it doeth contrarye to al the pꝛemiſſes. beſydes that, it tranſfoꝛmeth a man oꝛ woman, makinge them beaſtly. Moꝛe of the qualitꝛes of wyne, ſhal be touched hereafter in the oꝛder of diet.

Of Milke. Cap. 20.

Mylke is compacte of thꝛee ſubſtaunces, creame, whay, and cruddes. The moſte excellent mylke is of a womā. The milke of a cowe is thickeſt, ỹ milke of a Camel is moſt ſubtill: the milke of a goate is betweene cowe mylke and camel milke. Ewes milke is betweene cow mylke and aſſes milke. Alſo the milke of beaſtes feeding in large paſtures, and oute of Fennes and Marſhes, is better than o

ther

them which bee fedde in litle cloſes, or in watrye groundes. In ſpring tyme mylke is moſte ſubtil, and milke of yonge beaſts is holſomer thã of olde. To children, old mẽ, and to them, which be oppreſſed wyth melancoly, or haue the fleſh conſumed wyth a feuer, thicke milke is conuenient. And generally to all them, whiche do not feele ẽ milke riſe in theire ſtomaks after that they haue eaten it: in thoſe perſons it doth eaſilye purge that, which is in the belly ſuperfluous. And afterwarde it entereth into the veynes, and bringeth good nouriſhmẽt. Whoſoeuer hath an appetite to eate or drinke mylke, to thentente that it ſhal not aryſe or abrayed in the ſtomake, let him put into a veſſell, oute of the whiche hee wyll receiue it, a fewe leaues of mint, ſugar, or pure hony. And into the veſſell cauſe the beaſt to be milked, and ſo drinke it warme from the vdder, or els let hym do as Paulus Aegineta teachethe, ẽ is to ſay boyle fyrſte the mylk wyth an eaſye fier, and ſeeth it after wyth an hotter fyer, and ſkym it cleane, and with a ſponge dypped in colde water, take that cleane away, which would be burned to the veſſell, than put to the mylke ſalt and ſugar, and ſtirre it often. Moreouer mylke taken to purge melancholye, woulde bee drunke in the morning aboundantly. new mylked, as is before wrytten. And he that drinketh, ſhould abſteyne from meate and exerciſe vntill the milke be digeſted, and haue ſomewhat pourged the bellye. For wyth labour it becommeth ſowre: and therfore it requirth reſte and watch, or to walke verye ſoftlye. Finallye where men and women

Oribaſitus de conuictione ciborum. Lib. 3.

be vſed from their childhoode, for the more part, to mylke, and to eate none or little other meat but milke and butter, they appere to be of good complexion and faſhion of bodye, and not ſo muche vexed wyth ſickneſs, as they which drincke wyne or ale, not wythſtandinge, muche vſe of milke in men ſanguine or chollericke, doth ingender the ſtone.

Of ale, biere cider and vvhay. Cap. 21.

I Can neyther heare nor reade, ỹ ale is made & vſed for a common drynke in any other countrey then Englande, Scotland, Irelande, and Pole. The latine woorde Ceruiſia, is indifferente as well to ale as to biere. If the corne be good, the water holſome and cleane, and the ale or byere wel and perfitly brewed and clenſed and by the ſpace of ſix dayes or more, ſettled and defecate, it muſt nedes bee a neceſſarye and conuentente drinke, as wel in ſickneſſe as in health: conſidering the barly corne, weereof it is made, is commended and vſed in medecine, in all partes of the world, anb accompted to be of a ſinguler efficacie in reducinge the body into good temper, ſpecially whyche is in diſtemperature of heate. For what auncient Phiſition is there, ỹ in his workes commendeth not Ptiſane, which is none other than pure barly braied, in a morter and ſodden in water, the ſame thinge is ſmalle & cleane ale or biere, ſauinge that perchaunce, the drying of the malte is cauſe of more drypth to be in the ale, than in Ptiſane. And the hoppes in biere maketh it colder in operation.

But to ſaye as I thinke, I ſuppoſe, that neither ale

ale nor byere is to bee compared to wine, considering that in them do lacke the heate and moysture, whiche is in wyne. For that beyng moderately vsed, is most like to the natural heate, & moysture of mans bodye. And also the licour of ale and biere, beyng more grosse, do engender more grosse vapoures, & corrupt humours than wine doth, beig drōke in like excesse of quātity. ¶ As for Cider may not bee good in any condytion, considering (as I say) that al fruites do ingender il humours, and do cole to muche naturall heate: but to theym, whiche haue abundance of redde choller, moderately vsed it somewhat profyteth in mittigation of excessiue heate. But who that wyll diligently marke in the coūtryes where Cider is vsed for a common drink, the men and women haue the colour of their visage palled, & the skynne of the visage ryueled, although that they be yong.

Whay if it be left of the butter, beynge wel ordered, & not drūke, vntill it haue a thycke curde of milke ouer it, lyke to a hatte, is a right temperat drinke, for as muche as by the vnctuositye of the butter, wherof the whey retayueth some porcion, it is both moyste & nourishinge, & clenseth ye brest, and by the subtylnes of it self, it descendeth sone frō the stomacke, & is shortlye digested Also by reason of the affinitye which it hath wyth milke, it is conuertible into bloud & flesh, specialye in those personnes, whiche do inhabite the North parts, in whom natural heate is conglutinate, & therfore is of more puissance & vertue in the office of concoction. Also custome frō childe-

hood, doth eleuate the power of meats & drinks in their diſpoſition, notwythſtanding that the iiii. humors, ſāguine, choler fleume, & melācoly muſt alſo be cōſidered as it ſhal appear in diuers places hereafter.

Of honye. Cap. 22.

Plini. li. 22

HOny as well in meate as in drinke, is of incomparable efficacie, for it not onely cleanſeth altereth & nouriſheth, but alſo it ſōgetyme preſerueth that vncorrupted, whyche is put into it. In ſo muche as Plinye ſayth: ſuche is the nature of honye ỹ it ſuffereth not the bodyes to putrifye, And he affirmeth that he did ſee an Hippocentaure (whiche is a beaſte halfe man, halfe horſe) brought in hony to Claudius the Emperour, out of Egipte to Rome. And hee telleth alſo of one Pollio Romulus, who was aboue a hundreth yeares olde, of whom Auguſtus the Emperor demaunded by what meanes he liued ſo long, and retayned ſtil the vigour or liuelyneſſe of bodye and mynde: Pollio aunſwered, that he did it inwarde wyth meade (whiche is drynke made with hony and water) outwarde wyth oyle. Whiche ſaying agreeth with the ſentence of Democrytus, the greate Philoſopher: who beyng demaunded, howe a man might lyue long in health? he aunſweared: If he wette him wythin wyth honye, wythout wyth Oyle. The ſame Philoſopher whā he was a hundred yeares old and nine, prolonged his lyfe certayne dayes wyth the euaporation of honye, as Ariſtoxinus wryteth. Of this excellente matter, moſte wonderfullye wrought & gathered by the little Bee,

as

as wel of the pure dew of heauen, as of the moſt ſubtill humour of ſweete and vertuous herbes and floures, be made licours cõmodious to mãkynde, as Meade, Methegelin, & Oximel. Mead whiche is made wyth one part of honye and 4. tymes ſo muche of pure water, and boyled vntill no ſkym do remayne, is much cõmended of Galen, drunke in ſommer for preſeruinge of health. Lib. 4. de tuenda ſanitate.

The ſame Author alwaye commendeth the vſing of honye, either rawe eaten wyth fine breade ſomewhat leuened or ſodden & receiued as drink. Alſo Meade perfectlye made clenſeth the breaſte and lunges, cauſeth a man to ſpytte eaſilye, and pyſſe abundantly, and purgeth the belly moderatelye, Methegelin, whiche is moſt vſed in Wales, by reaſon of hot herbes boyled with honye, is hotter than Mead, and more comforteth a cold ſtomake, if it be perfectly made and not new or verye ſtale. Oximel is where to one part of vinegar is put double ſo muche of honye, foure tymes as muche of water, & than being boyled vnto the third part, and cleane ſkymmed wt a fether is vſed to be taken, wherin the ſtomack is much fleame or matter vndigeſted, ſo that it be not red choler. Looke the vſe therof in Alexandro trallia no. Many other good qualities of honye I omit to wryte of, vntill ſome other occaſion ſhall happen to remember theim perticularly, where they ſhal ſeeme to be profitable.

Sugar. Cap. 23

OF ſugar I do find none auncient author of Grekes or latines, to wryte by name but onely Paulus Aegineta, who ſaith

in

in this wyſe after that he hath treated of hony. Moreouer ſugar, which they call honye, that is brought to vs from Arabia called Felix, is not ſo ſweete as our hony, but is equal in vertue, & doth not anoy the ſtomacke, nor cauſeth thirſte. Theſe be the wordes of Paulus. It is now in dayly experience, that ſugar is a thing very temperate and nouriſhynge, and where there is choler in the ſtomacke, or that the ſtomacke abhorreth hony, it may be vſed for hony in al thinges wherin hony is required to be. With ſugar and vinegar is made ſyrupe acetoſe.

Of time. Cap. 24

Winter

IN the conſyderatyon of tyme, for takynge of meates and drinckes, it is to bee remembred, that in wynter meates ought to be taken in great aboundance, and of a more groſſe ſubſtaunce then in ſommer, for as much as the exterior aire, which compaſſeth the body beyng cold, cauſeth ỹ heate to withdraw into the Inner partes, where beyng incloſed, and gathered nigh together in the ſtomack and entrailes, it is of more force to boyle and digeſt that which is receiued into it. Alſo meates roſted, are then better then ſodden, & fleſhe and fiſhe poudred, is than better than in ſommer, herbes be not than cõmendable, ſpecially rawe, neyther fruites, excepte quinces roſted or baked. Drynck ſhould be than taken in little quantity. Moreouer wynes ſhal neede no water, or very little, and that to cholorycke perſone: red wines, and thei which be thick & ſweete may be than moſte ſurelye taken of them, whiche haue no oppilacions, or the ſtone: alway remember

ber ꝑ in wynter fleame increaſeth by reaſon of raine and moiſtures of the ſeaſon, alſo the length of nightes and muche reſt. And therfore in that tyme chollericke perſons are beſt at eaſe, ſemblably are yong men, but to olde men winter ys enemy It, beginneth the viii day of Nouember, and endureth vntill the viii. day of Februarye. Gal. in cõment in apho. 2. lib. 3.

The Spring tyme doth participate the firſt parte wyth wynter, the latter parte with Sommer. Wherefore if the fyrſt part be cold, than ſhal the diet be accordinge to winter. If the end be hot, thẽ ſhal ꝑ diet be of Sommer. Spring time. Hipocrates de natura humana.

If both partes bee temperate, then ſhoulde there be alſo a temperance in diete: alwaye conſideringe, that fleame yet remayneth, and bloud thã increaſeth. And meate woulde be leſſe in quantitye than in wynter, and drinke ſomewhat more. Spring time begimneth the viii. daye of Februarye, and continueth vnto the viii. daye of Maye. Galen cõ aph. 18. lib. 1.

In Sommer the inward heate is but little, and the ſtomacke doth not digeſte ſo ſtrongelye nor quickely, as in winter, wherefore in that ſeaſon, eatyng often, and a little at ones, is moſt conuenient. And Damaſcenus ſayth ꝑ faſting in Sõmer dryeth the body, maketh the coulour ſalow, ingendreth melãcholy, and hurteth the ſyghte. alſo boyled meate, bread ſteeped in whyte broth, wyth ſodden lettiſe or cycorye, are then good to be vſed, alſo varietye in meates, but not at one meale, potages made with cold herbes, drinke in more abundaunce, wyne alayed wyth water, to hot complexions much, to cold natures leſſe. Sommer. Hippo. de humoribus.

In this ſeaſon bloude increaſeth, and toward the

the ende therof, choler. And therefore they, which be could of nature, and moiſt are then beſt at eaſe hot natures & dry woꝛſt: Moꝛeouer children, & very yong men in the beginninge of Sõmer, are holeſt, olde folk, in the latter end, and in haruеſt. Sõmer beginneth the 8. day of May, and continueth vntil the 8 daye of Auguſt. Autumne beginneth the 8. day of Auguſt, and endeth ꝑ 8. day of nouẽber, that ſeaſõ of the yeare is variable, & the ayꝛe chaungeable, by occaſiõ whereof happẽ ſondꝛy ſickeneſſes, bloud decreſeth & melancolye aboũdeth: wherfoꝛe al ſõmer fruites would thẽ be eſcheued, foꝛ as much as they make il iuice & winds in the body. In this time meate would be moꝛe aboundaunte thã in Sõmer, but ſomwhat dꝛier: dꝛynke muſte bee leſſe in quantity: but leſſe mixte w̃ water. This tyme is dangerous to all ages, al natures, & all coũtryes, but the natures hot and moyſt be leaſt endamage.

Gal. in cõment in apho.

Diet concerning ſondry times of the yeare vvritten by the old phiſition Diocles to kyng Antigonus

FRom the xii. day of december, at the which time the day is at the ſhoꝛteſt vntil the .9. daye of Marche, which do continue .lxxxx. dayes, reumes and moiſtures do encreaſe, than meates and dꝛinkes naturally very hot, woulde be moderately vſed, Alſo to dꝛinke abundantly wyne wythout alaye oꝛ wyth little water & to vſe liberalitye the companye of a woman, is not vnholſome to the body.

¶ From the ninth daye of Marche, at whiche time

tyme in Equinoctiū vernum, vnto the.xxii.daye of Aprill, sweete fleume and bloud do increase: therefore vse thou thinges hauinge muche iuice and sharpe, exercyse the bodye dylygentlye, than may ye vse safely the company of a woman.

¶ From the .xx, day of Aprill, to the.xiiii.daye of June, Choller increaseth, than vse all things that are sweete, and do make the bealye soluble, forbeare carnall company wyth women.

From the.xiiii.day of June, at which tyme the day is at the lēgest, vnto the xii.day of September, doth melancolye reygne, forbeare carnal cōpany, or vse it moderately.

From the.xii.day of September, vnto the xvii. day of October, doo abound fleume and thin humours, than woulde al fluxes and distillations be prohibited, than all sharpe meates & drinkes & of good iuice, are to be vsed, & carnal occupations should than be eschewed.

¶ From the.xvii, day of october, to the.xii. daye of December increaseth grosse fleume, vse therefore al bytter meates, sweete wynes, fatte meate, and muche exercise.

Of Ages. Cap. 25.

Children would be nouryshed wyth meats and drinkes, which are moderately hot & moyste, notwythstandinge Galene doeth prohibite thē vse of wyne, because it moysteth and heateth to much the body, and filleth ẏ heads of them whiche are hotte and moyst wyth vapours. Also hee permitteth them in hotte wether to drink clere water of the fountayne.

Children

Galende tuen sani lib .1*

A childe

Oribaſius de tute ſimplic lib. 1.

A child growing faſt in his membres towarde a man, ſo that he ſemeth well fedde in the bodye, is than to be feared of fulneſſe of humours, and if it be perceiued, that hee is replete, than muſte be wythdrawen and miniſhed ſome parte of that nutrimente, and accordynge vnto his age, ſome euacuation would be deuiſed, otherwhyle by exercyſe, walkinge vp and downe faſtinge, and before that they eate anye meate, let theym exerciſe themſelues wyth their owne labours: & do their owne accuſtomed buſineſſe, and eate the meates whereunto they be moſt vſed, ſo that it be ſuche that may not hurt them. And thus nede thei not to know of phiſitions, but by experience and diligente ſerche by theire ſtoole, their norices ſhall perceiue what digeſteth well, & what doth not.

¶ But if it appere that by exceſſyue feeding the bealy of the childe is fuller and greater than it was wont to bee, and that whiche paſſeth by the bealye is corrupted, or his ſweate ſtinketh, theſe thynges knowen, if they eate ſtronge meates, geue them not one kynde of meate, but diuers, ȳ the noueltye of the meate maye helpe, that they maye goe more eaſelye to the ſtoole: For if any haue an vnreaſonable appetite, hee is ſoner recouered, if he be purged by a boyl or impoſtume comen forth and broken, before that the meate bee corrupted, and after that lette hym eate fyne meats, & being ones whole, retorn by little & little vnto his olde cuſtome.

Yong mē

¶ Yong men, exceding the age of. xiiii. yeares, ſhall eate meate more groſſe of ſubſtance, colder and moyſter, alſo ſalades of colde herbes, and

to

to drinke seldome wyne, except it be allayd with water. Albeit, al these thinges must be tempred accordinge to theire complexions, exercise and quietnes in liuing, wherof ye shal reade in their proper places hereafter. Old men, in whom natural heate & strēgth semeth to decaye, shoulde vse alway meates, which are of quality hotte & moyst, and therewithal easy to be digested, and absteyne vtterly frō all meates & drinkes, which wil engender thicke iuyce and slimy, semblably from wyne, which is thick, sweete, and dark red wynes, and rather vse them, whiche wil make thinne humours, and wil purge wel the blonde by dryne therefore whyte or pelowe wynes, and perchaunce frenche claret wines are for thē very cōmendable. Also wyne prepared with pure hony clarifyed, wherein rootes of perlly or fenel be steeped, specially if they suspect any thing of the stone or goute. And if they more desire to clense their raynes and bladder: then it is good to vse smale white wyne, as racked renish wine, or other lyke to it. And sometime to steepe ouer night therin a persely ryote slyt, and somewhat bruised, and a little licoryce. Fynally, let them beware of all meates that will stoppe the pores, and make obstructions or opilations, that is to saye with clammye matter stoppe the places, where the natural humoures are wrought and digested, the which meates I haue before sette in a table. But if it chaunce them, to eate anye such meat in aboundaunce, lette theym take shortlye suche thinges, as do resiste opilations, or resolue them. As white pepper, bruised and myxte

Old men

Paul. Aegine. lib 1 cap. 23.

Opilacions what they are.

mixte wyth their meates or drinkes, garlike also or onions, if they abhorre them not. Alwaye remember that aged men shoulde eate often, & but little at euerye tyme, for it fareth by theim, as it doth by a lampe, the light wherof is almoste extincte, whiche by pouring in of oyle little & little is long kepte burning: and wyth much oyle poured in at once, it is cleane put out. Also they must forbeare all thinges whiche do ingender melancolye, whereof ye shall reade in the table before: and bread cleane wythout leauen, is not then vnholsome.

Moderation in diet, hauing respect to the strength or vveaknes of the person. Ca. 26.

NOwe here it muste be considered, that although I haue written a general diet for euerye age, yet neuertheless it must be remembred, that some children & ponge men, eyther by debility of nature, or by some accidentall cause, as sickenes or muche studye, happen to gather humors flumaticke or melancholy in the places of digestion, so that concoction or digestiō is as weake in them, as in those which are aged. ¶ Semblably some olde men fynd nature so beneficiall vnto them that their stomakes and lyuers are more stronge to digeste then the sayde ponge men some perchaunce haue muche choller remaynyng in them. In these cases the sayde ponge menne must vse the diet of olde menne, or nigh vnto it, vntill the discrasie be removed, hauing alwaye respecte to theire vniuersall complexions

plexions, as they whiche are naturallye cholerike to vse hotte thinges in a more temperance then they whiche bee flumatike, or melancholye by nature. The same obseruacion shalbe to olde men, sauinge that age of his owne propertye ys colde and drye, therefore the olde man, that ys cholerike, shall haue more regard to moysture in meates than the younge man beynge of the same complexion. Foreseene alwaye, that where nature is offended or greeued she is cured by that, whiche is contrarye to that, whiche offendeth or greeueth, as cold by heate, heate by colde, dryth by moysture, moysture by dryth. In that whereby nature should be nourished in a whole & temperate body, thinges must be taken whiche are like to the mans nature in quality and degree. As where one hath his bodye in a good temper, thinges of the same temperance doeth nourishe hym, But where he is out of temper, in heate, colde, moysture or dryth, temperate meates or drynkes nothinge do profite hym. For beyng out of the meane and perfite temperature, nature requireth to be therto reduced by contraries, remembringe not onely, that contraries, are remedie vnto their cõtraries, but also in euery cõtrary, consideration must be had of the proportiõ in quãtity. Hippoc. aphor. Galen. in commen.

Tymes in the day concerning meales. Cap. 27.

BEsydes the tymes of the yeare, and ages, there bee also other tymes of eating and drinkinge to be remembred, as the sondrye

tymes in the day, which we call meales, whiche are in numbre and diſtaunce, accordinge to the temperature of the countrye and perſone. As wher the country is colde, and the perſon luſtye, and of a ſtrong nature there may mo meales bee vſed, or the leſſe diſtaunce of tyme betweene the. Contrariwyſe in contrarye countryes and perſonages, the cauſe is afore reherſed, where I haue ſpoken of the diet of the tymes of the yere, notwithſtandinge here muſte bee alſo conſideration of exerciſe and reſt, whiche do augmente or apeire the naturall diſpoſition of bodyes, as ſhalbe more declared hereafter in the chapter of exerciſe. But conſerninge the general vſage of countryes, and admitting the bodyes to the perfect ſtate of health, I ſuppoſe that in Englande younge men, vntil they come to the age of .xl. yeres, may wel eate three meales in one day, as at breakefaſte, dyner and ſupper ſo that betweene breakfaſt and diner, be the ſpace of .iiii. houres at the leaſt betwene diner and ſupper .vi. houres, and the breakfaſte leſſe then the diner, & the dyner moderate, that is to ſay, leſſe than ſacietye or fulneſſe of bealye, and the drinke thereunto meaſurable, accordinge to the drynneſſe or moyſtneſſe of the meate. For muche aboundaunce of drynke at meale, drowneth the meate eaten, and not onely letteth conueniente concoction in the ſtomake, but alſo cauſeth it to paſſe faſter then nature requireth, and therfore ingendreth much fleume and conſequently reumes, and crudenes in the beynes, debilitye and ſlipperneſſe of the ſtomache, continuall fluxe, and manye other

incon

inconueniences to the body and membres.

¶ But to returne to meales, I thincke breake-
faſtes neceſſary in this realme, aſwel for ȳ cau-
ſes before reherſed, as alſo for aſmuch as choler
being feruent in the ſtomake, ſendeth vp fumo-
ſities vnto ȳ braine, & cauſeth headache, & ſome
time becommeth aduſte, & ſmouldreth in the ſto-
make, wherby hapneth perillous ſickneſs, & ſom
time ſodein death, if the heat incloſed in the ſto-
make haue not other cõuenient matter to worke
on: this daily experience proueth, & natural rea-
ſon cõfirmeth. Therefore men & womẽ not aged,
hauing their ſtomakes cleane without putrified
matter, ſleepinge moderately and ſoundly in the
night, and feelinge themſelues light in the mor-
ninge, and ſweete breathed, let them on goddes
name breake their faſte: Cholerike men with
groſſe meate, men of other complexions wyth
lighter meate: foreſeene, that they labour ſome-
what before: ſemblably their diner and ſupper,
as I haue before written, ſo that they ſleepe not
incontinent after their meales. And here I will
not recite the ſentences of aucthors, whych had
neuer experience of Engliſhe mens natures, or
of the iuſte temperature of this realme of Eng-
lande, onely this counſell of hippocrates ſhalbe
ſufficient. We ought to graunt ſomewhat to
tyme, to age, and to cuſtome: notwithſtandinge,
where great werineſſe or drith, greeueth the bo-
dye, there oughte the dinner to be leſſe, and the
lenger diſtance betwene diner and ſupper. Alſo
much reſte, excepte a little ſoft walkinge, that
by an vpright mouinge the meate beinge ſtyred

Breake-
faſte.

Hipo
hor. 18.
Li. 1. Gal.
de tuenda
ſanitate.

may diſcende. This is alway to bee remembred, that where one feeleth himſelfe full and greeued with his dinner, or the ſauoure of his meat by eructation aſſendeth, or that his ſtomacke weake by late ſickeneſſe or muche ſtudie, then it is moſt conuenient to abſteyne from ſupper, and rather prouoke himſelfe to ſleepe mutche, than to eate or drynke any thyng. Alſo to drinke betwene meales, is not lawdable, except very great thirſt conſtrayneth: for it interrupteth the office of the ſtomacke in concoction, and cauſeth the meat to paſſe faſter than it ſhoulde do, and the drinke being cold, it rebuketh naturall heate that is worckyng, and the meate remaynyng rawe, it corrupteth digeſtion, and maketh crudineſſe in the beines. Wherefore hee that is thirſtye, let hym conſider the occaſion. If it be of falt fleume, let him walke fayre and ſoftlye and onelye waſſhe his mouth, and his throate wyth barleye water, or ſmall ale, or lig downe and ſleepe a little, and ſo the thirſte wyll paſſe away, or at the leaſte bee wel aſwaged. If it happen by extreme heate of the ayre or by a pure choler, or eatynge of hotte ſpices, let hym drynke a little, Julep made with cleane water and ſugar. or a little ſmall biere or ale, ſo that hee drynke not agreate glutte but in a little quantitye, lette it ſtill downe ſoftlye into his ſtomacke, as he ſitteth, and than let him not moue ſodenlye. If the thirſt bee in the euenynge by eatynge to muche, and drynkynge of wyne, than after the opinion of the beſte learned phiſitions, and as I my ſelfe haue often experienced, the beſt remedy is, if there be no feuer, to drinke

a good

a good draughte of colde water immediatlye or els if it be not paynefull for him to vomit, to prouoke him therto wyth a litle warme water, and after to wash his mouth with vinigar and water, and sleape longe and soundlye if hee can. And if in the morning he feele any fumosities rising, then to drynke Julep of violettes, or for lacke thereof a good draught of very small ale or biere somewhat warmed withoute eatinge any thing after it.

Of diuersities of meates eaten. vvhereby health is appayred. Capi .28.

NOw let this be a generall rule, that sondry meats, being diuers in substance and quality, eaten at one meale, is the greatest enemy to health that maye bee and that ingendreth most sicknesses, for some meates beynge grosse and hard to digest some fyne and easie to digeste, do require diuers operations of nature, and diuers temperatures of the stomack, that is to say much heate and temperate heate, which may not be together at one tyme.

Therefore whan the fine meate is sufficiently boyled in the stomacke, the grosse meat is raw, so both iuices, the one good and perfect the other grosse and crude, at one tyme digested, and sente into the beynes & bodye, needes must health decay, and sicknesses be ingendred. Likewise in diuers meates being of diuers qualityes, as wher som are hot and moyst, some colde and moyst,

some hotte and dry, some colde and drye, accor-
ding thereunto shal the iuyce by diuers, which
they make in the body. And lyke as betweene ȳ
sayde qualities is contrariety, so thereby shalbe
in the bodye an vnequal temperature, forasmuch
as it is not possible for a man to eateme so iuste a
proporcion of the qualitees of ȳ, whiche he recei-
ueth, that thone shal not exceede thother in quan-
tity. Wherefore of the sayd vnequal mixture, ne-
des muste ensue corruption, and consequentlye
sickneste. And therfore to a hole man, it wer bet-
ter, to feede at one meale competentlye on verye
groste meat onely, so that it be swete and his na-
ture do not abhorre it, than on diuers fine mea-
tes, of sondry substaunce and qualitees. I haue
knowen and seene old menne and olde women,
which eatyng onlye biefe, baken, cheese or curds
haue continued in good healthe, whom I haue
proued, that when they haue eaten sondrye fine
meates at one meale, haue soone after felte them
selfe greeued wyth frettinges and headache, and
after that they haue bene hole agayne, there hath
beene geuen to them one kynde of light meate,
the haue done as well therewith, as they weere
wont to do wyth groste meates, when they eate
it alone, which proueth to be true that whiche I
haue rehersed. And it is good reason for after
the generall opinion of Philosophers & Phisi-
tions, the nature of mankynde is beste contente
wyth thinges most simple and vnmixt al thyn-
ges tending to vnitye, wherein is the onely per-
fection. Also it is a generall rule of Physick
ȳ where a sickenesse may be cured wyth simples,

that

that is to say w̄ one onely thing that is medicinable ther should the Phisition geue no compoñde medicine myxt with many thinges.

These thinges considered, it may seeme to al mē that haue reasō, what abuse is here in this Realme in the cōtinuall gourmandise and dayly feeding on sondry meates at one meale the spirit of gluttony tryumphing among vs in his glorious chariot called welfare dryuing vs afore hym, as his prisoners, into his dungeon of surfet, where we are tormented wyth catarres, feuers, goutes, plewryses, krettynge of the guttes and many other sicknesses, and finally cruellye put to death by them, oftentimes in youth or in the most pleasaunte tyme of our lyfe whan wee would moste gladly liue. For the remedye whereof how many tymes haue there bene deuised ordinaunces and actes of counsaile? although perchaunce bodilye healthe was not the chief occasion therof, but rather prouision against vayne and sumptuous erpences of the meane people. Gluttony

For the nobility was exempted, and had liberty to abyde stil in the dungeon, if they woulde, and to liue lesse whyle than other men. But whan where, and how long were the sayd good deuyses put in dew execution, for all that that therof should succede double profit that is to say health of bodye, and increase of substance by eschewing of superfluous expenses in sondry dishes? Alas how long wil men fantasie lawes and good ordinaunces and neuer determine them. Fantasye proceedeth of wytte, determination of wysedome, witte is in the deuisinge and speakynge,

but wysedome is in the perfourmance, whyche resteth onely in execution. Here haue I almoste forgotten, that my purpose was to wryte of the order of diet, and not of lawes: but the feruente loue that I haue to the publique weale of my countrye, constrained mee to digresse, somewhat frome my matter, but now wil I proceede forth to wryte of order which in takinge of meates & drynkes, is not the least part of diet.

Of order in receiuing of meats and drinke. Cap 29.

HErbes as well sodden, as vnsodden, also fruites which do mollifye and loose the belye, oughte to be eaten before any other meate excepte that sometyme for the repressinge of fumosityes, ryssinge in the heade by much drinking of wyne, rawe lettice, or a colde appull, or the iuyce of Orenges or Lymons may bee taken after meales in a little quantitye. More ouer all brothes, milke, rere egges, and meates whyche are purposelye taken to make the bellye soluble, woulde fyrste be eaten. All fruites and other meates that are stiptike or byndinge, would be eaten last after al other. Fruites confectionate specially wyth hony, are not to bee eaten wt other meates. But here is to be diligently noted, that where the stomacke is cholericke and strong, grosse meates would be first eaten, wher the stomacke is cold or weeke, there would fine meates be fyrst eaten: for in a hot stomake, fine meates are bourned, whyle the grosse meate is digesting,

digesting. Contrarywyse in a colde stomake the little heat is suffocate wyth grosse meate, and the fine meate left raw, for lacke of concoction, wher if the fyne meate be first taken moderately it stirreth vp and comforteth naturall heate, and maketh it more able to concoct grosse meats if they be eaten afterward so that it be but in smal quãtitye: notwithstandinge, as I late affirmed, one maner of meate is most sure to euerye complexion forseene that it be alwaye moste commonlye in conformitye of qualityes, wyth the persõ that eateth. Moreouer take heede ỹ slipper meats be not first eaten, lest it draw with it to hastilye other meates, ere they be digested nor that stiptik or restrayninge meats, be taken at the beginning as quinces, peares, and medlars, lest they may let other meats, that they discẽd not into the bottome of the stomak. wher they should be digested, notwithstanding the confection made wt the ioyce of quinces, called Diacydonites taken two houres afore diner or supper, is commended of Galen and other for restorynge appetite, and making good concoction. Also conserning drynk at meales, it would not bee afore that somwhat wer eaten and at the the beginning ỹ drink wold be strongest and so toward the end mor smale, if it be ale or biere, & if it be wine more and more alayed wt water. And after the better opinion of Phisitiõs, the drik would rather be mixt with ỹ meat by sondry little draughtes, than with one great draught at the end of the meale, for the mixture tempreth wel the meat without annoyance a great draught wyth much drink, drowneth the meate,

Drinke at meales.

meate, rebuketh naturall heate that then wor-keth in concoction and wyth his wayght dryueth downe the meate to hastely. Hotte wynes and sweete, or confectioned wyth spices, or verye stronge ale or biere are not conuenient at meales, for the meate is by them rather corrupted than digested, and they make hotte and stinking va-poures ascend vp to the brayne. Albeit yf the stomacke be very wyndy, or so cold & feeble that it cannot concoct suche a quantitye of meate, as is required to the sufficient nourishemente of the body of hym that eateth, or hath eaten raw her-bes or fruites, whereby hee feeleth some annoy-ance, then may he drinke least incontinente after his meale, a little quãtity of secke, or good aqua-uity in small ale, but if he haue much choller in his stomacke, or a head full of vapoures, it were much better that he did neyther drynke the one, nor the other, but rather eate a little coliander seede prepared, or a piece of a quince rosted, or in marmelade & after reste, to amende the lacke of nature wyth slepe moderate exercise, and pla-sters prouided for comfortinge of the stomake. And here wil I leaue to wryte any more of the dyete in eatinge and drinkinge, sauinge that I would, that the readers shoulde haue in remem-brance these two counsailes. Fyrste that to an hole man, to precise a rule is not conueniente in diet, and that the diseases, whiche do happen by to much abstinence, are worse to be cured, then they which come by by replecion. And cornelius Celsus saith, A man that is hole and wel at ease, and at his libertye oughte not to bynde himselfe to

Cornel. Cel. li. 1. Cap. 1. idem, ca. 2

to rules or neede a Phisition: but yet where the stomacke is feble as is of the more part of Cytizens, and wel nigh al they that be studious in learning or waighty affayres, there oughte to be more circumspection, ỹ the meat maye bee suche as ỹ eyther in quality or quantity, nature beyng but feeble, be not rebuked or to muche oppressed.

Of sleape and vvatch. Cap. 30.

The commoditye of moderate sleape appeareth by this, that naturall heat, which is occupyed about that matter, whereof proceedeth nowrishemente, is comforted in the places of digestion, and so digestion is made better, or more perfite by sleepe, the body fatter, the mynde more quiet and clere, the humours temperate: and by much watche al thynges happen contrary.

The moderation of sleepe must bee measured by healthe and sicknes, by age, by tyme, by emptynesse or fulnesse of the body, and by naturall cõplexions. Fyrste to a hole man, hauing no debylity of nature, and digestion perfectly the meate that he eateth, a little sleepe is sufficiente, but to them whiche haue weake stomackes, and to dygest slowly, it requireth, that sleape bee muche longar, semblably temperaunce is required in youth and age wynter and Sommer. The bodye beynge full of ill humours very little sleape is sufficient, except the humors be crude or raw, for than is sleepe necessary which digesteth them better than labour. Semblably, wher the bodye is longe emptye, by longe sickne or abstinence, sleepe comforteth nature as wel in the principal

membres

membres, as in al the other. Also regard muste be had to the complexion, for they that are hotte and do eate little & digest quickly, a little sleepe serueth specially to cholericke personnes, for in them much sleape augmenteth heate, more then is necessary, whereby hot fumes and inflamations are often ingendred, and sometyme the naturall choller aduste or putrifyed, as experience teacheth. Flumaticke persons are naturally inclined to sleepe: and because they ingender much humors they require mor slepe thã sãguine or cholericke. Persons hauing natural melancoly, not proceding of choler aduste, do requyre very mutch sleepe, which in them comforteth the powers animall, vitall, and naturall, which ye may fynde written in the tables proceding. Sleape would be taken not immediatelye after meales and before that the meate is discended from the mouth of the stomacke. For thereby is ingendred paynes and noyse in the bealy, and digestion corrupted, and the sleape by ill vapors assending, made vnquiet and troublous: moreouer immoderate sleape maketh the bodye apte vnto palseys, apoplexies, falling sickenes, reums and impostumes. Also it maketh the wyttes dull, and the body slowe and vnapt to honest exercise. Semblably immoderate watch dryeth to muche the body, and doth debilitate the powers anymall, letteth digestion; and maketh the bodye apte to consumptions. Wherefore in these two thinges, as well as all other, a diligente temperance is to be vsed, the moderation is best cõiectred (for it is hard perfectly to know it) by the sensi-

ſenſible lightnes of all the body, ſpecially of the brayne, the browes, and the eyes, the paſſage downe of the meate from the ſtomacke, the will to make bryne and to go to the ſtoole, contrarywyſe: heuines in the body and eyes, and ſauoure of the meate before eaten, ſignifieth that the ſleepe was not ſufficient. They that are whole muſt ſleepe firſt on the right ſide, becauſe ꝯ meate may approch to the liuer, which is in the ſtomake, as fire vnder the pot, & by him is digeſted. To them which haue feeble digeſtion, it is good to ſleape proſtrate on their beaſtes, or to haue their bare hād on their ſtomaks. Lying vpright on the backe, it is to be vtterly abhorred.

The commodity of exerciſe, and the time vvhan it ſhoulde be vſed. Cap. 31.

EXerpe meuinge is not an exerciſe but onelye that which is vehement the ende whereof is alteration of the breath or wynd of a man. Of exerciſe do proceede two commodityes, euacuation of excrementes, and alſo good habite of the body: for exerciſe beyng a vehemente motion, thereof needes muſte enſue hardeneſſe of the mēbers whereby laboure ſhall the leſſe greeue, and the bodye bee the more ſtrong to laboure. Alſo thereof commeth augmentation of heate, wherby happeneth the more attraction or thinges to bee digeſted alſo more quicke alteration, and better nouriſhing. Moreouer, that all and ſinguler partes of the bodye, bee therewyth ſomewhat humected. Whereby it happeneth, that

thinges

thinges harde bee mollified, moyſte thinges are extenuate, and the poares of the body are more opened. And by the violence of the breathe or wynd, the poares are clenſed, and the fylthe in the bodye naturally expelled. This thinge is ſo neceſſary to the preſeruatiō of health, that with out it, no man maye be longe without ſickeneſſe, which is affyrmed by Cornelius Celſus, ſayinge, that ſluggiſhnes dulleth the body, laboure doeth ſtrengthen it, the firſt bringeth the incommodities of age ſhortly, the laſte maketh a man long tyme luſty. Notwithſtandinge in exerciſe oughte to bee foure thinges diligentlye conſydered, that is to ſay: the tyme, the thinges proceedinge, the quality, and the quantity of exerciſe.

Cor. Cel. lib. 2.

¶ Firſt as cōcerninge the time conuenient for exerciſe, that it be not whan there is in the ſtomacke or bowelles greate quantitye of meate, not ſufficiently digeſted, or of humors crude or rawe, leaſt thereby perill moughte inſue by conueyance of theym into all the members, before thoſe meates or humours be cōcocte or boiled ſufficiently. Galene ſayeth, that the time moſte conuenient for exerciſe is, whan both the firſte and ſeconde digeſtion is complete, as well in the ſtomacke, as in the veines, and that the time approcheth to eate eftſones. For if ye doo exerciſe ſooner or later, ye ſhall either fill the bodye with crude humours or els augmēt yelow choler. The knowledge of this time is perceyued by the colour of the vrine, for that which reſembleth vnto clere water, betokeneth that the iuyce which commeth from the ſtomacke, is crude in

Lib. 2. De tuenda ſanitate.

the

the veynes: that whiche is well coloured, not to high or base, betokeneth that the seconde digestion is now perfect. wher the coloure is very high or redde: it signifyeth that the concoction is more than sufficient. Wherfore whan the vryne appeareth in a temperate couloir, not redde nor pale, but as it were gilt, thā should exercise haue his beginning.

Of Fricasies or rubbinges preceding exercise. Cap. 32.

AS towchynge thynges preceedynge exercyse, as muche as it is to bee feared, leste by behemente exercise anye of the excrementes of the bealy or bladder should hastely be receiued into the habite of the bodye, by the violence of heate, kyndled by exercise, also leste some thing which is hole be by heuinesse of excrementes or violent motion broken or pulled out of his place or that the excrementes, by violence of the breathe, should stoppe the poore or cunduites of the bodye, it shalbe necessary little and little by chafynge the bodye, fyrste to mollifye the partes consolidate, and to extenuate or make thinne humours, and to lose and open the pores and then shal insue to hym that exerciseth no perill of obstruction or rupture. Galenus. Paulus. Oribasius Actius.

And to bryng that to passe, it shal bee expediente after that the body is clensed. to rubbe the body wyth a course linnen cloth, fyrst softly and easilye, and after to increase more and more, to a hard

harde and ſwyfter rubbing, vntill the fleſhe doo ſwell, and be ſomwhat ruddy, and that not onely downe rightе but alſo ouerthwarte and rounde: Some do vſe fricaſſes in this forme, in the morning after that they haue bene at the ſtoole, with their ſhirt ſleeues or bare hand, if their fleſhe bee tender, they do firſt ſoftly, and afterwarde faſter rubbe theire breaſte and ſides downewarde, and ouerthwart, not touching their ſtomake or beally, and after cauſe their ſeruaunt ſemblablye to rubbe ouerthwarte their ſhoulders, and backe, and beginning at their necke bone, and not touching the raynes of their backe, excepte they doo feele there mutch colde & wynd & afterward their legges from the knees to the ancle: laſte theire armes from the elbowe, to the hand wreſte. And in this forme of fricaſy I my ſelfe haue foundeu an excellent commodity. Old men or they which be very drye in their bodyes, if they put to ſome ſweete oyles, as *Irinum, Nardinum, Chamemelinum*, or other like mixte with a little ſweete oyle of Roſes. I ſuppoſe they do well. I wyll not here ſpeake of oyntmentes vſed in olde tyme amonge the Romaynes and Greeks, in fricaſſes or rubbinges. For I ſuppoſe, that they weere neuer here vſed, and in the ſayde places, they bee alſo left, vnles it be in palſeyes, or apoplexies or agaynſt the rigour, which hapeneth in feuers only. I wyl remember the ſaying of hippocrates.

Frycaſe hath power to looſe, to bynde, to increaſe fleſhe, and to miniſhe it. For hard fricaſſes do bynde or conſolidate, ſofte rubbynge doth looſe or molifye, mutche, do myniſhe fleſhe, meane

meanes rubbynge doeth augment or increase it. He that will knowe more abundantly hereof, let hym reade the booke of Galen of the preseruatiō of health, called in latine *De tuenda sanitate*, translated most truely and eloquently, out of Greeke into latine, by doctour Lynacre, late Physition of most worthy memory to our souerayne lorde kynge Henry the eight.

The same matter is written more byefely of Paulus Aegineta, Oribasius, Aetius, & some other late writers, but vnto Galen not to be compared.

The diuersities of exercises. Cap. 33.

The quality of exercise is the diuersities there of, forasmuch as therein be many differences in mouinge, & also som exercise moueth more one part of the body, some an other. In difference of mouige som is slow or soft, some is swift or fast, some is stronge or vyolent, some be mixte wyth strength and swiftnes. Stronge or violent exercises be these, deluinge (specially in tough clay and heauy) bearing or susteynige of heauy burdeins, climminge or walkinge against a stiepe vpright hyll, holdinge a rope, and climminge vp thereby, hangynge by the handes on any thynge aboue a mans reach, that his feete touch not the ground: standinge & holding vp, or spreadinge the armes, wyth the handes fast cloased, and abidinge so a longe time. Also to hold the armes stedfast, causinge an other man, to assay, to pull them out, & notwythstandynge he keepeth his arme stedfast,

inforcinge thereunto the ſynewes and muſcules. Wraſtlynge alſo wyth the armes and legges: if the perſons be equall in ſtrength, it doth exerciſe the one and the other: if the one be ſtronger, thã is it to ỹ weaker a more violẽt exerciſe. All theſe kindes of exerciſes, and other like them, do augment ſtrength, and therefore they ſerue onely for ponge men, whych be inclined, or be apt to the warres. Swift exerciſe wythout violence is rũninge, playinge with weapons, tenyſe, or throwinge of the ball, trottinge a ſpace of grounde forwarde and backewarde, goinge on the toes, and holdinge vppe the handes. Alſo ſtyrringe vppe and downe hys armes, wythout plummettes. Mehement exerciſe is compoũd of vyolent exerciſe, and ſwyfte, whan they are ioyned together at one tyme, as daunſinge of galyardes, throwinge of the ball, and runninge after it: foteballe playe may be in the number thereof throwinge of the longe darte, and continuinge it many tymes, runninge in harneyſe, and other lyke. The moderate exerciſe is longe walkinge or goinge a iourney.

The parts of the body haue ſondry exerciſes appropried vnto them, as runninge and goinge is the moſt proper for the legges. Mounge of ỹ armes vp and downe, of ſtretchinge them oute, and playinge with weapons, ſerueth moſte for the armes and ſhoulders, ſtowpynge and ryſinge oftentimes, as liftinge greate waygh̃tes, takynge vp plummettes or other lyke poyſes on the endes of ſtaues, and in likewyſe liftinge vp

in

in euery hand a speare or morispike by the endes specially crossinge the handes, and to laye them downe agayne in their places: these do exercise the backe and loynes. Of the bulke and lunges the proper exercise is mouinge of the breath in singinge or cryinge. The entrayles, which be vnderneath the middreffe, be exercised by blowing, eyther by constraint, or playinge on shaulmes or sackbottes, or other like instrumentes whych do requyre mutch wynde.

The muscules are best exercised with holdynge the breath in a longe time, so that he, which doth exercise, hath wel digested his meate, and is not troubled with much winde in his body.

Finally loude readinge, counterfayte battayle, tenyse, or throwinge the ball, rũninge, walking, adde to shooting, which in mine opinion exceede all the other, do exercise the body commodiously. Celsus. 2.

Alway remember, that the ende of violent exercise is, difficulty in fetchinge of breath. Of moderate exercise, alteration of breath ouely, or the beginninge of sweate.

Moreouer in Winter, runninge and wrastelinge is conueniente. In Summer wrastlinge a little, but not runninge. In very colde weather, much walking, in hot weather, rest is more expedient. They which seeme to haue moist bodyes, and lyue in idlenes, they haue neede of violẽt exercise. They which are leane & cholericke, must walke softly, and exercise themselues very temperately. The Plummettes, called of Galen Alteres, whych are nowe mutch vsed wyth

great men, beinge of equall weyght, and accor-
dyng to the ſtrength of hym, that exerceyſeth, are
very good to be vſed faſting, a litle before break
faſt or dinner, holding in euery hand one plum-
met, and liftinge them downe with much vio-
lence, and ſo he may make the exercyſe violent,
or moderat, after the poyſe of the plummets, he-
uier or lighter, and with much or litle laboring
with them.

Of geſtacion, that is to ſaye, vvhere one is caried, and is of an other thynge mooued and not of himſelfe. Cap. 34.

Paul. Ægi. Ætius.

THere is alſo an other kind of exercyſe, which is called Geſtacion, and is myxte with mo-
uinge and reſt. Foraſmuch as the body ſitting or lying ſeemeth to reſt, and notwithſtandyng it is moued by that, whych beareth it, as lying in a bed, hanging by coards or chaynes, or in a cra-
dell, ſitting in a chayre, which is caried on mens ſhoulders wt ſtaues, as was the vſe of ꝑ auncient Romaynes, or ſitting in a boate or barge, which is rowed, rydyng on a horſe, whych aumbleth ve-
ry eaſily, or goeth a very ſoft pace. The bed, cra-
dell, and chayre caried, ſerueth for them that are in long and continuall ſickenes, or be lately re-
couered of a feuer. Alſo them whych haue the frenſye or lytharge, or haue a lyghte terciane fe-
uer, or a cotidyane. Thys exercyſe ſweetely aſ-
ſwageth troubles of the mynde, and prouoketh

ſlepe, as it appeareth in childꝛen, whych are rocked. Alſo it is conuenient foꝛ them, whych haue the palſey, the ſtone, oꝛ the gout. Geſtacion in a charyot oꝛ wagon hath in it a ſhakynge of the body, but ſome vehement, and ſome moꝛe ſoft, the ſoft ſeruyth in dyſeaſes of the head, & where any matter remeth downe into the ſtomacke and entralles. But the vehement ſhakinge is to be vſed in the gryefes of the bꝛeaſt an ſtomacke.

Alſo in ſwellinge of the body and legges in dꝛopſies, palſies, migrimes, and ſcotomyes, which is an imaginacion of darcknes: beinge retourned at the ende of hys iourney, he muſt ſit vp, and be eaſily moued. I haue knowen ſayth Aetius, many perſons in ſuch wiſe cured without any other healpe. Nauigacion oꝛ rowing nigh to the lãde, in a calme water, is expedíẽt foꝛ them that haue dꝛopſies, lepꝛies, palſeys, called of the vulgar people, takinges, and franſies: To be caried on a rough water, it is a violent exerciſe, and induceth ſondꝛy affectiõs of the mind, ſomtime feare, ſomtime hope, now coward hart, now hardines, one while pleaſure, an other while diſpleaſure.

Theſe exerciſes, if they be well tempered, they may put out of the body all longe during ſickenelles. Foꝛ that whych is mixt wyth reſt & meening, if any thinge els may, it moſt excellẽtly cauſeth the body to be well nouriſhed. Celſus doth pꝛohibite Geſtacion, where the body feleth pain, & in the begining of feuers, but whan they ceaſe, he alloweth it. Rydinge moderatly and without gryefe, doeth coꝛroboꝛate the ſpyꝛite and body aboue other exerciſes, ſpecially the ſtomack, it cleſeth Celſus. 2.

ſeth the ſences, & maketh them moze quicke: Al-
beit to the bꝛeaſt it is very noyfull. It ought to
be remẽbꝛed, that as well this, as al other kinds
of exerciſe would be vſed in a hole countrey, and
where the ayꝛe is pure & vncoꝛrupted. Foꝛſene,
that he that wil exerciſe, do go firſt to the ſtoole,
foꝛ the cauſes rehearſed in the laſt Chapter.

Of vociferation. Cap. 15.

The chyefe exerciſe of the bꝛeaſt and inſtru-
mentes of the voyce, is vociferation, whych
is ſingynge, readynge oꝛ cryinge, whereof is the
pꝛoperty that it pourgeth naturall heat, and ma-
keth it alſo ſubtil and ſtable, & maketh the mem-
bꝛes of the body ſubſtantiall and ſtronge, reſiſ-
tinge diſeaſes. The exerciſe woulde be vſed, of
perſons ſhoꝛt winded, & them which cannot fetch
their bꝛeath, but holding their necke ſtraight vp
ryght. Alſo of them, whoſe fleſh is conſumed, ſpe-
cially about the bꝛeaſt & ſhoulders. Alſo which
haue had apoſthumes bꝛokẽ in their bꝛeaſtes:
Moꝛeouer of them that are hoarce by the mutch
moyſture, and to them whych haue quartaine fe-
uers, it is conuenient: It looſeth the humour ẏ
ſticketh in the bꝛeaſt, and dꝛyeth vp the moiſtnes
of ẏ ſtomacke, whych pꝛoperly the courſe of the
quartayne is wõt to bꝛinge with him, it alſo pꝛo-
fiteth them which haue feeble ſtomaks, oꝛ do vo-
mit contynually, oꝛ do bꝛeake vp ſowꝛenes oute
of the ſtomacke. It is good alſo foꝛ grieſes of

the

the head. He that intendeth to attempt thys exercise, after that he hath bene at the stoole, and softly rubbed the lower parts, and washed his handes, let hym speake wyth as base a voyce as he can, and walkinge begin to singe lowder & lowder, but still in a base voyce, and to take no heede of sweete tunes or armonye. For that nothinge doth profite vnto health of body, but to inforce hymselfe to singe great, for thereby mutch ayre drawē in by fetchinge of breath, thrusteth forth the breast and stomacke, and openeth and enlargeth the pores. By hegh cryinge and lowde readinge, are expelled superfluous humors. There fore men & women, hauinge theyr bodyes feeble, and theyr flesshe loose, and not firme, muste reade oftentimes lowde, and in a base voyce, extending out the wynde pype, and other passages of the breath. But notwythstandinge this exercise is is not vsed alway, and of all persons. For they in whom is abundance of humours corrupted, or be mutch diseased with crudity in the stomack and veynes, those do I cōsayle to abstayne frō the exercise of the voyce, leaste mutch corrupted iuyce or vapours, may thereby be into all the body distributed.

And here I cōclud to speke of exercises which of them that desire to remayne longe in health, is most diligently, and as I myghte saye, moste scrupulously to be obserued.

Of Replecion. Cap. primū.

Eplecion is a ſuperfluous abundaunce of humours in the body: and that is in two maner of wyſe, that is to ſaye in quantitye, and in qualytye. In quantitye as where all the foure humours are moze in abūdance, than be equall in pzopoꝛcion to the body, that conteyneth theym, oꝛ where one humour much exceedeth the remnaunt in quantity. In qualytye, as where the bloud, oꝛ other humour, is hotter, oꝛ colder, thicker oꝛ thynner, than is conuenyent vnto the body. Firſt where all the humours, beinge ſuperfluqully increaſed, filleth and extendeth the receptoꝛyes of the body, as the ſtomake, the beynes, and bowells, and is moſt pzoperly called fulneſſe, in Greeke Plethoza, in latin *Plenitudo*. The other is where the body is inkarced, eyther wyth choler, yelow oꝛ blacke, oꝛ wyth fleame, oꝛ wyth watry humours, and is pzoperly called in greeke Cacochymia, in latin *Vitioſus ſuccus* in Englyſh it may be called coꝛrupt iuyce. I wyll not heare wzyt thee ſubtill and abūdant definitions and deſcriptions of Galen in his bookes *de plenitudine*, and in his commentaryes vppon the Apho-

phoziſmes of Hyppocrates. For it ſhall here ſuf-
fice, to ſhewe the operations of replecion, good
or ill, remitting them, which be curious, and de-
ſire a more ample declaration, to the moſt excel-
lent woorkes of Galen. where he may be ſatyſ-
fied, if he be not determined to repugne agaynſte
reaſon. Hyppocrates ſayth, where meate is re-
ceyued much aboue nature, that maketh ſickenes.
Galen declarynge that place ſayth: more meate
than accordeth with natures meaſure, is named
repleion. And afterward he expoundeth that
woord aboue nature, to ſignify to mutch and ſu-
perfluouſly, as who ſayth, where the meat is ſu-
perfluouſly taken, it maketh ſickenes. For meat
but a litle exceadinge temperance, may not forth-
with make ſickenes, but may yet keepe the body
within the latitude or boundes of health, for the
meat that ſhall make ſickenes, muſt not a litle ex-
ceede the exquiſite meaſure. The incommodity,
which happeneth thereby is, that moyſtnes is to
mutch extended, and naturall heat is debylitate.
Alſo naturall heat reſolueth ſomwhat of the ſu-
perfluous meate and drinke. And of that, whych
is reſolued of meat vndigeſted, procedeth fumo-
ſity groſſe and vndigeſted, whych aſcendinge vp
into the heade, and touchetinge the rym, wherein
the brayne is wrapped, cauſeth heade ache, trem-
blinge of the membres, duſkynes of the ſight,
and many other ſickneſſes, alſo by the ſharpnes
thereof, it prycketh and annoyeth the ſynewes,
which make ſenſibility, the rootes of whome, are
in the brayne, & from thence paſſeth through all
the body. Finally, the ſayd fumoſity ingendred of

li. 2. aph.
Apho. 12.
Vbi cibus
præter na-
turã plus
ingeſtus
eſt, hic
morbum
facit.
Galen in
commen.
loco præ-
dicto,

reple

replecion, percing the innermoſt part of the ſayd ſinewes called ſenſible, greeuoully annoyeth the power animall, there conſſtinge, by the occaſion whereof, vnderſtandinge & reaſon, as to the vſe of them, are let and troubled.

And alſo the tongue which is reaſons expoſſtour, is depriued of his office, as it appeareth in them whych are droncke, and them whych haue greeuous paynes in their heade, proceedinge of replecion. Sygnes of replecion be theſe, loſſe of appetite, delite in nothinge, ſlouthfulnes, dulneſſe of the wit and ſences, more ſleape than was acuſtomed to be, crampes in the body, ſtertinge or ſalacion of the membres, fulnes of the veines, and thickenes of the puiſes, horrour or ſhrouelnage of the body mixt with heate. The remedies are abſtinence and all euacuations, whereof I wyll make mencion in the next Chapter.

Oribaſius cuoriſton lib. 1

Of Euacuation. Cap. 2.

The meates and drinkes receiued into the body: If the ſtomake and liuer do theyr naturall office, be altered by concoction and digeſtion, in ſutch wyſe, that the beſt part therof goeth in the nouriſhment of the body: The worſte beynge ſeperate by the membres officiall, from the reſidue, are made excrements in ſondrye formes and ſubſtances, whych are lyke in quality to the naturall humour, whych them reygneth moſt in the body. Theſe

These excrements be none other, but matter superfluous, & vnsauery, which by naturall powers may not be conuerted into flesh, but remayninge in the body, corrupt the members, & therefore nature abhorringe them, desireth to haue the expelled. These excrementes be three in number ordure, vrine, humour superfluous. Moreouer there be two sortes of ordure, that is to say, one digested, which passeth by siege, the other vndigeyed, which is expelled by vomit. Where I say digested, I mean that it is passed ỹ stomack, and tourned into an other figure. Likewise I cal that vndigested, which still remayneth the figure of meate.

Ordure.

Digested.

Vryne is the watry substance of the bloud, like as whay is of milke, which out of the meat that is altered and concoct or boyled in the stomacke, is strayned ỹ veynes called Hilaraice, which proceedeth from the holow part of the liuer, and sent by the raines into the bladder, passeth by the instrumẽt, the which is ordayned aswel to ỹ purpose, for generation.

Vrine.

Humour superfluous is in three sortes, either myxt with any of the foure humours, called naturall, or els it is gathered into the brayne, or it is betweene the skinnes and the flesh, or lyeth amonge the sinewes, Muscules, or ioynts. Of humours some are more grosse & cold, some are subtil and hot, and are called vapours.

Humoure superfluous.

Now for to expell the sayd excrementes, are ysundrye kyndes of euacuation, that is to saye abstinence, vomit, purgation by siege letting of bloude, scarifyinge called cuppinge, sweatinge

prouo-

prouocation of vrine, spyttinge, bleedinge at the nose, or by hemorroides. And in women their naturall purgations. Of these euacuations I wil bryefely declare, wyth the commodities, whych by the discrete vse of them do happen vnto the body.

Of abstynence. Cap. 3.

Cor. cel. lib. 2. Hippo. aphor. li. 7.

ABstinence is a forbearinge to receyue anye meate or drincke. For if it be but in part it is than called rather temperaunce than abstinence. It ought to be vsed onely after repletion, as the proper remedy therefore. And than if it be moderate, it cõsumeth superfluityes, & in consuminge theym, it clarifieth the humours, maketh the body fayre coloured, and not only kepeth out sickenes, but also wher sickenes is entred, nothige more helpeth if it be vsed in seasõ. To the, which haue very moist bodyes, hunger is right expedient, for it maketh theym more dry: notwythstanding there ought to be cõsiderations, in the meat before eaten, in the age of the person, in the tyme of the yeare, & in custom. First in the meat before eaten, if it be mutch in excesse or very grosse, or not mutch exceedinge, or lyght of dygestyon, and accordynge thereunto, would abstinence more or lesse be proportioned. Concerninge age: Hyppocrates sayth, olde men maye sustayne fastynge easily: next vnto them, men of myddle age, yonge men maye worse beare it, children worst of all, specially they that bee lustye: notwythstandinge here Galen correcteth Hyppocra. sayinge: that he should haue excepted men very olde, who, as

Considerations in abstinence.

Aph. li. 1.

Gal in cõment.

expe-

experience declareth, muſt eate often and little. As touchinge tyme it muſt be remembred, that in winter and ſpringe time, the ſtomackes be naturally very hot, and ſleape is longe, and therefore in that tyme meates woulde be more abundant, and although much be eaten, it will be ſoner digeſted. Wherefore abſtinēce would not be than ſo much as in Sommer, al be it to abſteyne mutch in Sommer, except it be after repleciō. Damaſcene ſayth, it dryeth the body, it maketh the colour ſalow, it ingendreth melancholy, and hurteth the ſight. Moreouer, cuſtome may not be forgotten, for they which are vſed from childhoode, to eate ſondry meales in the day, woulde rather be reduced to fewer meales, and lyttle meate, than to be compelled to abſteyne vtterly, to the intent that nature, whych is made by cuſtome, be not rebuked, and the power dygeſtiue thereby debilitate. And note well, ỹ by to much abſtinence, the moyſture of the bodye is withdrawen: and conſequentely the body dryeth, and waxeth leane, naturall heate, by withdrawinge of moiſture is to mutch incended, & not findinge humour to woorke in, turneth his vyolence to ỹ radicall or ſubſtanciall moiſture of the body, and exhauſtinge that humour, bryngeth the body into a conſumption. Wherefore Hippo. ſayth, that to ſcarce and exquyſite an order in meate and drynke, is for the more parte more daungerous than that, which is more abundaunt. Contrarywyſe moderation in abſtinence, accordinge to the ſayde conſiderations, is to healthe a ſure bulwarke.

Damaſcenus. apho.

Apho. lib. 2.

Of

Of vomite. Cap. 4.

Ætius. lib. 3.

The meate or drincke superfluous, or corrupted, the stomacke, is best expelled by vomit, if it be not very greeuous to him which is diseased. Also the moderate vse of it purgeth fleame, lighteth the hed, causeth that the excesse of meats or drinkes, shall not annoy or bringe sickenesse. Moreouer it amēdeth the affectes of the raynes, bladder, and the foundemēt. It also helpeth against lepries, cankers, goutes, dropsies, & also diuers sicknesses proceedinge of the stomacke. For if any griefe happeneth of the heade, vomit is than vncommodius. It is better in winter than in Sommer. Also good for them, which are replete, or very cholericke, if they haue not well digested, but it is ill for theym that be leane, or haue weak stomackes. And therefore where one feeleth bitter vapours rysinge oute of hys stomacke, wyth griefe and weightnesse, in the ouer partes of hys body, let hym runne forthwith to this remedy.

It is also good for him that is hart burned, and hath much spittle, or his stomack wābleth, and for him that remoueth into sondry places.

Cor. cel. lib. 1

Yet I counsaile sayth Celsus, him that will be in health, and would not be so sone aged, that he vse not this dayly. And I my selfe haue knowen men, whych dayly vsynge it, haue brought thereby their stomaks into such custom, ỹ what soeuer they did eate, they could not longe retayne it, whereby they shorten their liues. Wherefore it would not be vsed, but onely where greate sur-

fet,

set, or abundãce of fleame do require it. He that will vomit after meate, let hym dryncke sondry dryn̄kes mixte together, and laste of all, warme water: or if that be to easye, let him mixte therewith salt or hony. If he will vomit lastynge, let him dryncke water and hony sodden together, or Isope wyth it, or eate of a radyshe roote, and drinke warm water vpon it. Also water wherein radishe is boyled, & afterwarde prouoke hym selfe to it. Them that will haue more vyolent purgacions, I remit to Phisitions learned.

But yet I do eftsones warne them, that therein they be circumspect, and do not much vse it.

Moreouer in vomits, the matter brought forth, woulde be considered, accordinge to the rules of Hippocrates, in hys second booke of prognostications, that is to say, if it be mixte with fleame & choler, it is most profitable, if it be not in verye great quãtity, nor thicke, the lesse mixtur it hath, the worse it is. If it be grene like to leeke blades thin or blacke, it is to be iudged ill.

Hippo. prælag. 2. cap. 7.

If it haue all colours, it is extreame perillous. If it be leady coloured, & sauoreth horriblye, it signifieth a short abolicion, or dissolucion of nature. For as Galen affirmeth there in his comment, such maner of vomit declareth corruption with extincting of nature. Also euery putrified and stinkinge sauour in vomit is ill.

These things be right necessary to be looked for where one doeth vompt wythout any difficulty: but to enforce one to vomit, which cãnot, is very odious and to be abhorred.

Galen de locis affectis. lib. 1.

Of

Of purgacions by siege. Cap. 58.

If the head be heauy, or the eyen dymme, or if there be peyne felte of the cholicke, or in the lower part of the beally, or in the hyppes, or some cholericke matter or fleame in the stomack. Also if the breath be hardly fetched, if the belly of him selfe sendeth forth nothinge, or if beinge costyue, one feeleth ill sauour or bitternes in hys mouth, or that whych he maketh hath an horrible sauor, or if abstinence do not, at the first put awaye the feuer, or if the strēgth of the bodye maye not susteyne lettinge of bloud, or els the tyme therefore conuenient is past, or if one haue droncke mutch before his sickness, or if he whych oftentimes vnconstraigned, hath had great sieges, be sodainely stopped: In all these cases, and where it is painfull to vomit, and in gnawinge or frettings of the stomache, finally in all replections, where a man cannot or wyll not be let bloud or vompt, it is expedyent to prouoke siege by purgacions, whych are receyued by twoo wayes: Vpwarde at the foundement by suppositores or clisters.

Cel. li. 1. Ætius. lib. 3.

Downward at the mouth, by pocions, electuaryes, or pylles. Suppositories are vsed, where the patient is weake, and may not receyue anye other purgations. Sometime for as mutch as the strait gut is stopped with excrements, which are drye and harde, somtyme where there needeth none other purgation, specially in burninge feuers, whereof the matter ascendeth into the heade, than clisters may do harme, and by the be-

benefite of ſuppoſitoꝛes, excremẽtes are bꝛought foꝛth with out anye annoyaunce. And oftẽtimes it bꝛyngeth foꝛth that whiche clyſters maye not. Suppoſitoꝛies are made ſometyme wyth hony onely, ſodden, rolled on a booꝛd and made rounde: ſmaller at one ende than at the other, and of the length and greatenes, accoꝛding to the quantity of the body that taketh it.

Sometyme there is mixt wyth the hony, ſalte dꝛied, oꝛ ſalt & pepper, oꝛ the pouder of ſuch thinges, as do eyther pourge the humoure whiche offendeth oꝛ diſſolueth groſſe wyndes oꝛ other matter: they be ſometyme made with roſin, pitch waxe, oꝛ gummes, ſometyme of rootes, oꝛ the leaues of Mercury greene very ſmall bꝛuſed. Alſo wyth figges oꝛ rayſons, the ſtones taken out oꝛ of whyte ſoope, made in the figure afoꝛeſayde, and beynge made in the fourme afoꝛeſayde they muſt be put in at the foundamente, to the greate ende and the pacient muſt kepe it there the ſpace of halfe an houre oꝛ moꝛe.

Clyſters are made of licoure ſometyme ſymple, as water ſodden, mylke, oyle, oꝛ wyne. ſometyme myxte, as water and oyle together, oꝛ decoctions, as where herbes, rootes, fruites ſeedes, oꝛ gũmes, hauing pꝛoperty to make ſoft, diſſolue dꝛawe foꝛth, oꝛ expell mater that greeueth, bee boyled, and the licoure therof ſometyme warme, ſometyme hotte, is receyued at the foundemente into the bodye by a little pype of golde oꝛ ſiluer, yuoꝛye, oꝛ wood, therefoꝛe oꝛdayned and called a clyſter pype. This is neceſſary, where the ſtomacke is weake and may not ſuſteyne the woꝛ-

king of medicines receyued at the mouth, also in feuers, colickes, and other diseases in the bowels, griefe in the raynes of the back or huckle bone, ventosities in the bellie, inflamation or exulceration in the guttes or bladder. It is a conuenient, & sure medicine, and least hurt doth ensue of it. The making and ordring therof, I will omitte to write in thys place, partly that I would not that Phisitions should to much note in mee presumption, partlye that an other place may be more apte to that purpose.

The particuler commodityes of euery purgation. Cap. .5.

In pocions, electuaryes, and pilles oughte to be muche more obseruation, than in clisters or suppositories, for as muche as these do enter no further than into the gutte where the ordure lyeth, & by that place onely bringeth foorth the matter whiche causeth disease. But thother entringe in that waye that meates and drinkes do, commeth into the stomacke, and there is boiled, and sente into the places of digestion, and afterward is myxte with ȳ iuyce, whereof the substaunce of the bodye is made, and expellinge the aduersarye humoures, somwhat thereof doubtlesse remayneth in the bodye. Wherfore menne haue neede to beware, what medicines they receyue, that in theym bee no venenosity, malice or corruption, leaste for the expelling of a superfluous humor, which perchaūce good diet or som brothes made of good herbes, or the sayd

eua

euacuacion, wyth ſupoſitorye or clyſter, myghte bryngе fooꝛth at leaſure, by deſtringe of two haſty remedy, they receyue in medicine, that which ſhall ingender a venemous humoure, and vnevitable deſtruction into all the bodye. And therefoꝛe happye is hee, whiche in ſickneſſe findeth a diſcrete and well learned Phiſition, and ſo true a Pothecary, that hath alwaye dꝛugges vncoꝛrupted, & whō ỹ Phiſitiō may ſurely truſt to diſpence his things truelye,

But now to returne to the ſayde fourme of purgation, I wil now ſet fooꝛth ſome counſayles, concerninge that matter which I haue collected out of the chiefe Authoꝛs of Phiſicke.

Bodyes hotte & moyſte, maye eaſilye ſuſteine purgation by the ſtole. They whyche be leane oꝛ thinne, hauinge the members tender, maye take harme by purgations. To men that are cholerike and them that eate little, purgations are greuous. In yonge childꝛen and olde men, it is daungerous to looſe muche the bellye.

To them that are not wonte to it, purgation is noyful. He ỹ liueth in a good oꝛder of diet, nedeth neyther purgation noꝛ vomite.

After that the purgation, hath wꝛaught, thꝛiſtye neſſe and ſounde ſleape bee ſignes that the bodye is ſufficientlye purged. By daylye takynge of medicines, Nature is coꝛrupted. When yee wyll purge anye thinge, make firſte the matter flowing and ſoluble. Medicine to purge oughte not to bee mingled wyth meate, but to bee taken foure houres at the leaſte befoꝛe meales, oꝛ thꝛee houres after meales, excepte certayne caſe

pilles make to clenſe and comforte the ſtomacke, whiche would be taken at the beginninge of ſupper, or after ſupper, a little before that one goeth to bed, makyng a light ſupper or none.

After purgation taken, the pacient ſhoulde reſte & not walke, vntill the medicine hath wrought, nor eate nor drynke in the meane ſpace. Theſe thinges haue I remembred becauſe I haue knowen right good Phiſitions, to haue forgotten to inſtruct thereof their pacientes. Now wil I ſet forth the table of ſutch things which of their property do digeſt or pourge, ſuperfluous humors, particularly, which I haue gathered out of the bookes of Dioſcorides, Galen, Paulus Aeginet, Oribaſius, and Aetius, and other late writers: not withſtandinge, I haue not written all for aſmuch as there be dyuers thinges, whereunto we haue not yet founden anye names in Engliſhe.

Digeſtiues of choller

Endiue,
Lettiſe.
Cycory,
Scabioſe.
Maydenheare,
Malowes.
Mercury.
The iuyce of pomegranades.
Pourſlane:
Poppy.
Barberies,
Roſes
Violets the leafe and flower.
Sorell.
Liuerworte.
Sorell de boyſe.
Whay clarifyed.
The foure great cold ſedes, that is to ſay, of gourdes, cucumbers, melones, and citrulles
Pſilium.

Ayne-

Vyneger.
Saunders,
Barley water.
Prunes.
Tamaryndes.

Pourgers of choler.

Wild hoppes
Wormewood.
Centorye.
Fumytorye,
Whay of butter.
Violettes.
Mercury
Prunes.
Juyce of roſes.
Eupatorye,
Tamarindes, halfe an ounce in a decoction.
Manna bi. drames at the leaſt, and ſo to xxb. in the brothe of a henne or capon.
Reubarbarū by it ſelfe from two drammes, vnto foure, infuſed or ſtiped in licoure, from 4. drames vnto .viii.

Digeſtiues of fleame.

Fenell.
Perſleye the rootes.
Smallage.
Capers.
Lawrell.
Senuie.
Puly,
Maioram.
Peniroial.
Wyldparſnip ſeede.
Mynt.
Pympernell.
Horeminte.
Gladen.
Agrymony.
Calaminte
Nep.
Betayne
Sauge.
Radiſhe.
Mugwort.
Juniper.
Hyſope.
Pyonie.
Baulme.
Hony.
Ginger,
Souilla.
Aiſtolochia.
Cinamome.
Pepper.
Cumine.

Pourgers of fleame

Centory,
Nettill.
Agrimonie.
Alder.
Polipodiū of the oke.
Mirabolani kebuly, infused from halfe an ounce to an ounce, and 2 drammes. In substance from two drammes to halfe an ounce
Agaricus, frō a dram. to two drammes infused from. ii. drammes. to flue.
Yreos.
Mayden heare.
Sticados.

The broath of colewortes, light boyled.
Baulme minte.
Sticados.
Tyme.
Seene. boiled in white wyne or in the broath of a henne.
Lased sauerye.
Epithimus.
Nnwrouhgt silke.
Organum.
Calamynte.
Borage
Hartes tongue.
Quickebeme.
Maydenheare.
wyth wynde.
Puliall mountayne.
Hony.
Sugar.

Pourgers of melancholy

Melancholy for the thinnesse and subtilnesse of the humoure, needeth no digestiue.

They whiche wyll take sharpe purgations, or compounde wyth diuers things let them take the counsayle of an honeste and perfect Phisitiō, and not aduenture to myxte thynges together, wythout knowing the temperaunce of theym in degres

degrees and that he canne proporcion theym to the bodye that shall receyue theym in simples, as they be wrytten. And so he may vse them wout perill, agaynste the humors, whereunto they serue.

Letting of bloude. Cap 6.

The part of euacuation by lettinge of bloude is incision or cuttinge of the veyne, whereby the bloud, which is cause of sickneſſe or grieſe to the hole body, or anye particular parte thereof doth moſte aptly paſſe.

The commodityes whereof, beyng in a moderat quantitye, and in a due tyme taken, bee theſe that folowe, it clarifyeth the wytte and maketh good memory, it clenſeth the bladder, it dryeth the brayne, it warmeth the marowe, beyng in the bones it oppeneth the hearyng, it ſtoppeth teares or droppynges of the eyen, it taketh away lothſomneſſe, and confyrmeth the ſtomacke, it nouriſheth that whyche is proper to nature, and the contrarye expelleth. It is thought that therebye lyfe is prolonged and the matter makynge ſickneſſe ſhortly conſumed. Wherfore lettinge of bloude is not onely expedient for them, whiche are full of bloud, or haue abundance of ſtrengthe, but alſo for theym, in whom withoute plentude called fulneſſe, inflamations beginne to be in their bodyes or by ſome outward ſtroake, the bloud being gathered wythin by collection therof, do feele grieſe or diſeaſe.

Arnoldus de villa noua.

Oribaſius in medicine compendio.

Alſo where there is muche payne felte,

or debility of some member, whereof is supposed to be ingendred some greuous disease. Moreouer they, which vse excesse of meates & drinckes may be cured by lettinge of bloude.

But those whiche bee temperate, kepinge good diet be holpen without letting of bloude: as by fricasies, vsing of bathes, exercise, walkynge, & rydinge moderately. Also vnctions wyth oyles and oyntmentes called Diaphoretice, which by euaporation, do shortly euacuate the fulnesse.

Al be it, if the fulnes bee of melancholy bloude, than alway needes must be lettinge of bloude.

Aboundaunce of melancholy bloude is knowen by these signes. There is felte within the entrayles, or wythin the boulke of a manne or woman, a wayghtines wyth tensiō or thrustynge outward, and all that part, which is aboue the nauel, is more heauy than it was wont to bee. Also much vryne and fattye, the residence or bottome, thicke, troublous, and fat, some tyme black poulses or boyles, wyth inflamation and much peine. These must be shortly let bloude, and the melancholy humour pourged by siege.

They whiche haue crude or rawe humours, must be warely let bloude, before that sickenesse ingender, but hauing the feuer in no wyse. Cōcerning letting of bloud, these thinges following, would bee had in continuall remembrance, and be afore thought on. In abundaunce of the bloude, the qualitye and quantitye, the greatenesse of the sicknes, and if it bee presente, or looked for. Also the diet procedinge, the age and strength of the personne, the naturall tourne of

Actius. lib. 3

his

his body the time of the yere, the region or countrye, the present state of the ayre, they diſuſe of accuſtomed exerciſe, the ceaſſynge of euacuations vſed before. In qualitye conſider, of what humour the fulneſſe procedeth. In quantitte the aboundance of that whice is to be pourged. In ſickeneſſe, if it be dangerous or tollerable: if the ſickenes bee preſente it requireth the more dilligence, if it be loked for, it may be the better proportioned. In diete, the cuſtome in eatinge and drynkyng, muſt be ſpecially noted. In yong mē and women lettinge of bloude woulde bee more liberall. In olde menne and yonge childzen, it woulde be ſcarſer: ſtrong men maye ſuſteyn bledinge, they whiche are feble, may not indure it. Large bodyes haue greater veſſelles, than they which be little. Leane men haue more bloud, corpulent men haue more flesshe. The time of the yere muſt be ſpecially marked. For in the beginninge of ſpringe time it is beſt lettinge of bloude as Oribaſius ſayeth, and ſo doth continue, after the opinion of Arnold, vnto the eight kalendes of June, Aetius affirmeth, that in winter, or in a colde countrey, or where the perſon is of a verye colde nature, the veines ſhould not be opened.

Oribaſius ſup. Arnoldus, de villa noua de flebothomia. Io. Damaſcen. ar. med.

And Damaſcene ſayth: The which in youth haue vſed to bee mutch let bloude, after they bee three ſcore yeres old, their nature waxeth colde, and naturall heat is in them ſuffocate, ſpecially if they were of a colde complexion, but that is to bee vnderſtande, where they that are in health, are often let bloud. For in the lapſe from health and in diuers diſeaſes, wherein the bloude is cor-

corrupted, or where it ingendreth impoſthumes or reſorteth to any place, where it ought not to be, or paſſeth by any other conduite, then nature ordayned, or where it is furious or inflamed, or by any other meanes, breedeth greeuous diſeaſes, in al theſe caſes it ought to be practiſed, yea ſometyme in aged perſons, women wyth childe & yong infantes. For in extreme neceſſity, it wer better experience ſome remedy, thē to do nothig. All other thinges concerninge this matter pertayne to the part curatiue, which treateth of healyng of ſickneſſe, wherof I wyl not now ſpeake, but remit the readers to the counſaile of diſcrete Phiſitions.

Of ſcarifying called boxing or Cupping. Cap. 7.

Galen.

For aſmuche as it is not conueniente, to be let bloud oftentimes in theyere, becauſe muche of the vitall ſpyrit paſſeth forth with the bloud which beyng exhauſt, the body waxeth colde, and naturall operations become the more feble, I therefore do counſayle (ſayth Galen) that the baſe partes of the bodye, as the legges, be ſcarifyed, which is the moſte ſure remedye, as wel in conſeruing health as in repayring therof beyng decayed. For it cureth the eyen being annoyed wyth long diſtillations. It profiteth alſo the head and ouerpart of the body agayſt ſondry diſeaſes. In what member the bloude is gathered, the body beyng firſte purged by ſcarificatiō, the griefe may be cured.

Aetius lib. 3.

Alſe

Also Oribasius affirmeth the same, and also adbeth therto that it helpeth sqinances, or quinces in the throte, and dissolueth the costipacions or stoppinges made of all places, if the places bee scarifyed: notwithstanding application of boxes about the stomake in hot feuers, where reason is troubled, are to be eschewed for feare of suffocation. Lykewyse put to the heade vndiscretly, it hurteth both the heade and the eyes. The late Authors do affirme, that scarifyinge is in ye steede of letting bloud, wherefore age, debilitye, or tyme of the yeare, or other like consideration, a man may not sustein bloud letting, and it bringeth forth in the thynne bloude, which is next to the skynne.

Oribasius iu medicine cõpendio.

Aetius

Of bloud suckers or leaches. Cap 8.

There is also an other forme of euacuation by wormes founde in waters called bloude suckers or leaches, whiche beynge put into the bodye or member do drawe oute bludde. And theyre drawinge ys moore conuenyente for fulnesse of bludde, then scarifynge is, for as muche as they fetche bloude moore deper, and is more of the substance of bloude, yet the opinion of sommen is that they do drawe no bloude but that which is corrupted & not proporcionable vnto our body. And therefore in griefes which happen betwene the skynne, and the flesh of bloude corrupted, these are more conuenient thē scarifying. But therefore that they be put vnto anye parte of the bodye, they muste bee firste kepte al

one

one daye before, geuinge vnto them alitle bloud in freshe flesshe. And than put them in cleane water somewhat warme, and wyth a sponge wype away the slyme whych is aboute them, and then lay a little bloude on the place greeued, and put them than to it and laye on them a spounge that whan they be full, they maye fal awaye, or if yee will sooner haue them of, put a horse heare betwene their mouthes, and the place, and drawe them awaye or put to theire mouthes salt or asshes, or vinigar, and foorthwyth they shall fall, and than wash the place wyth a spounge, and yf there do issue mutche bloude, lay on the place the pouder of a sponge, and pitche burned or linnen cloth burned, or gaules burned, or the herbe called Bursa pastoris bruised. And this suffiseth concerning bloud suckers.

Of Hemoroides or Piles. Cap 9

HEmoroydes bee veynes in the foundement, of whom do happen sundry passions, sometyme swellinge wythoute bleedynge, sometyme superfluous bloud by the puisaunce of nature is by them expelled, and than bee they verye conuenient, for by them a man shall escape manye greate sicknesses, whiche bee ingendred of corrupted bloude, or of melancholy. Semblably, if they be hastely stopped from the course, which they haue beene vsed to, thereby do increase the sayde sicknesses, whyche by theym weere expelled, as dropsies, consumptions, madnesse, fran-

sies

ſles,and diuers diſeaſes of the head, and other ſickneſſes :paleneſſe of the viſage, griefe in the raines of the back,and thighes. And if they flow to much ,there inſueth feeblenes,leanneſſe of the body ,alteration of coloure greate paynes in the lower partes of the body. And if the fluxe bee vnmoderate,it ingēdreth miſcheuous diſeaſes. Wherefore it would be diligentlye taken heede, that they runne in meaſure, or elles to vſe ſome thinges moderately ,which may reſtrayne them

Concerning other euacuations, I doe purpoſely omit to wryte of them in this place , for as much as in this realme,it hath bene accompted not honeſt,to declare them in the vulgar tongue ,but onely ſecretely.

Of affectes of the mynd. Cap.10.

The laſte of thinges called not natural, is not the leaſt parte to be conſidered, the whyche is of affectes and paſſions of the minde. For if they be immoderate,they do not onelye annoy thebody and ſhorten the lyfe,but alſo they do appayre,and ſomtyme looſe vtterly a mans eſtimatiō. And that much more is,they bring a man frō the vſe of reaſon,and ſomtyme in the diſpleaſure of Almightye God . Wherefore they do not onelye require the helpe of Phiſicke corporall, but alſo the counſayle of a manne wyſe and well learned in morall Philoſophy.

Wherefore after that I haue recited what they be, I wyll byefly declare ſuche counſayles as I haue gathered . And as concerning remedye

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of Phillcke ſauinge a fewe ſimples, whiche doe comforte the harte and ſpirites, the reſidewe I wyl remytte to the counſayle of Phiſitiõs, lyke as I haue done in euacuation. Affectes of the mynde wherby the bodye is annoyed, do bringe in ſickenes be theſe, Ire or wrath, heuines or ſorow, gladneſſe or reioyſing.

Of Ire. Capii.

IRe is kinled in the harte, inordinatelye chafyng the ſpirites there, and than is ſente forth into the members, and doth ſuperfluouſly heat theym, and diſturbeth reaſon where the bodies bee hotte afore, where natural heate is feble, the heate may not bee diſperſed vnto the extreme partes, and then doth the extreame membres, that is to ſaye whyche ys farre frome the harte remayne colde and tremblinge. Of this affection commeth ſometyme feuers, ſometyme apoplexis, or priuacion of cenſes, tremblinge, palſeis, madneſſe, franſles, deformitye of vyſage: and that worſe is, outragious ſwearynge, blaſphemy, deſire of vengeaunce, cloſſe of charitye, amitye, credence, alſo forgetfulneſſe of benefyte proceedinge, and of obedience, dutye, and reuerence. Theſe alſo do ſuccede, contention, chargeable ſute, vnquietnes of mynde, lacke of appetite, lacke of ſleape, feeble digeſtion, ſcorne, diſdayne, and hatred of other, wyth peril of loſſinge of all good reputation. Theſe incommodities of Ire, perfectlye had in remembraunce, and at the firſt motion thereof on theim thought

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on maye happen to bringe in hys felowes, and thereby the flame maye bee quenched, or let hym that is angrye euen at the firſte conſider one of theſe thinges, that lyke as he is a man, ſo is alſo the other, wyth whom he is angry, and therfore it is as lawfull for the other to bee angrye as vnto hym, and if he ſo bee, then ſhal the anger be to him diſpleaſaunt and ſtyre him more to be angry. Whereby it appeareth that Ire is to him lotheſome. If the other be pacient, then lette hym abhorre that thynge in himſelfe, the lacke whereof in the other contenteth hym, and aſſwageth his malice. Moreouer let hym before, that occaſion of Ire dooth happen, accuſtome hymſelfe to beholde and marke wel them that bee angrye wyth the ſucceſſe of that angar, and ruminate it in his mynde a good ſpace after. And in that tyme, let hym remember, how Chryſte, the ſonne of God, and God, whoe (as hee himſelfe ſayde) mighte haue had of God his father, if hee woulde heue aſked them, legions of Angels, to haue defended hym, yea wyth leſſe then a winke myghte haue ſlayne all his aduerſaries, yet hee notwythſtandinge rebuked, ſcorned, falſelye accuſed, plucked hither, & thither ſtriped, bounden wyth halters, whypped, ſpitte on, bufketed, crouned wyth ſharpe thorne, laded with a heuye piece of tymber, his owne proppre tourment, haled and driuen forth lyke a calfe to the ſlaughter houſe, eftſones beaten and ouerthrowen, retched forth wyth ropes, armes and legges layed on the Croſſe, and thereunto wyth longe yron nayles throughe the handes & feete nayled wyth

manye

many ſtrookes of hammers wyth many pryckinges or euer the nayles myghte perſe by his tender and moſte bleſſed fleſhe and ſinewes, quite through the hard tymber, vp to the heads of the nayles: and all this beynge done for the offence of mankynde, and not his: yet wyth the menne which didde it, his moſt vnkynde countreymen, his moſt vnnaturall kynſemen, whom hee firſte made of nothinge, preſerued by miracles, delyuered from perilles, and cured of diſeaſes, in al his vexation and trouble, hee was neuer ſeene or perceyued angry. If one wyll ſay, that anger is naturall, let him alſo conſider that in Chryſtes manhood were al naturall powers. If hee wyll ſaye, that yre is taken of courage, and in Chryſte it lacked not, whome both angelles and deuilles trembled and feared. The premiſſes often reuolued, and borne in the mynde. I wyll not ſaye, ſhall vtterlye extincte all motions of wrath, whiche is not poſſible, but it ſhall whan it kyndleth lightly repreſſe it, and let that it ſhall not growe into flame. And in ſpeakyng here of wrath, I do not meane that whiche good men haue agaynſte vyces: or wyſe and diſcret gouernours and maiſters, agaynſte the defaultes or negligences of there ſubiectes or ſeruauntes, vſed in rebukinge them, or moderatly punishynge them. For that is not properlye yre, but rather to bee called diſpleaſure, and is that whereof God ſpeaketh by his Prophet Dauid ſayinge, Be you angry and do not ſinne. And of that maner of anger hath beene diuers holye men, prophetes and other. And it appeared in Chryſte, whan

Pſalme 4.
Gene. 31.
Exod. 32.
Leui. 10.
Marc. 11.

when he draue out thē which made their mar-
ket in the holy temple of god, wher there ought
to be nothing but prayer. And in lykewyse whē
he rebuked the hypocrites But if none of these
things may come so shortly to his remembrāce,
that is moued wyth angar at the least, let hym
think on the lessō that Appollodorus, the Phi-
losopher taughte to the Emperoure Octauian,
that before hee speak or do any thyng in anger,
he do recite in order, al ỹ letters of the A.B.C
and remoue somewhat out of the place that he
is in ꝛ seeke occasion to be otherwise occupied.
This shal for this time suffice, for the remedies
of yre, And he that wil know more of this mat-
ter let him read in my worke called the Gouer-
noure, wher I therof do write more abundantly.

Of dolour or heauines of mynde. minde, Cap. 12.

There is nothinge more ennemy to lyfe, then
sorowe, called also heauinesse for it exhau-
steth both naturall heate and moisture of the
bodye and doth extenuate or make the bodye
leane, dulleth the wytte, and darkeneth the spi-
rites, letteth the vse and iudgemente of reason
and oppresseth memorye. And Salamon saith: Pro. 17.
that sorrowe drieth vppe the bones. And al- and 25.
so lyke as the moath in the garmente, and the
worme in the tree, so doth heauinesse annoye the Eccle 25
heart of a man. Also in the boke called Eccle- and 38.
siasticus. Sorrow hath kylled many, and in it
selfe is found no commoditye. Also by heuinesse

death is hastened, it hideth vertue or strength, and heauines of hart, boweth downe the necke. This is so puisante an ennemye to nature and bodely health, that to resist the malice and violence thereof are requyred remedies as well of the holesome counsailes found in holy Scripture and in the bookes of morall doctrine, as also of certayne herbes, fruites, and spyces, hauing the property to expell melancholicke humours, and to comfort and kepe liuely the spirites, whiche haue theyr propre habitacion in the hart of mã, and moderate nourishinge of the naturall heate & humoure called radicall, whych is the base or foundation, wherupon the life of man standeth, and that faylinge, life falleth into ruine and the body is dissolued. Now fyrst I wil declare som remedyes agaynst sorowfulnes of hearte, concerninge necessary counsaile.

Sometime this effect happeneth of ingratitude, eyther where for benefyte, or speciall loue employed one receiueth damage, or is abandoned in his necessity, or is deceiued of hym, whõ hee trusted, or fyndeth him of whom hee hath greate expectation forgetful or negligent in his commodity, or perceiueth the parson, whom of longe tyme hee hath loued, to bee estraunged frõ hym, or to haue one of later acquaintance in more estimation. This affection nippeth the harte, yea of most wyse men, for they loue moste hartely, not prouoked by carnall affection but rather by good opynion ingẽdred by similitude of honest studies, and vertuous maners of lõg time mutually experienced. And it is not onely

vnto

vnto mā greuous, but also vnto God most displeasaunt and odious, as it is aboundantly declared in Scripture. Wherfore the persō which feeleth himself touched wyth this effecte, before that it groweth into a passion, and waxeth a sickenesse, let him cal to remembrance these articles folowynge, or at the leaste wayes some of them. For every eache of them may ease him, though perchaunce they cannot forthwith perfectly cure hym.

Consider, that the corruption of mans nature is not so much declared in any thing, as in ingratitude, wherby a man is made worse, then diuers bruite beastes. The little ant or Emot helpeth vp his felow, whō he seeth ouerthrowē vō burdem or by other occasion. Also when Olephants do passe ouer any great water, the greatest and most puisante of them deuide themselues, and setting the weakeste in the middle part, go before trying the deepnesse e perils, partcome after, succourynge the weakest or least wyth their long noses, whan they se them in danger. The same beastes haue bene seene not only bryuge men out of deserts, which haue lost their wayes, but also renuing the displeasures done to them the whiche gaue them meate as one that slew him which had committed aduoutrye wyth his maysters wyfe. The terrible Lions and Panthers, haue bene seene in their maner to render thanks to theire benefactors, yea and to abiecte there owne bodyes and liues for their defence. The same wee may dayly beholde in our owne dogges.

Cōsayles against ingratitude.

Appianus in varia historia.

Than in whom thou fyndeſt the deteſtable vyce of Ingratitude reputing him among the woꝛſt ſoꝛtes of creatures, thinke not that thou haſte loſt a frende, but thinke that thou art deliuered from a Monſter of nature, that deuoured thy loue, and that thou art now at libertye, & haſte wonne experience to choſe thee a better.

But if this may not ſuffice then eſteſones conſider that if thou looke well on thy ſelfe, perchaunce thou mayeſt find the fault wherof thou complayneſt, within thine owne boſom. Cal to thy remembꝛance if thou haſt alwaye rendered vnto euery man condigne thankes oꝛ benefit, of whom thou haſte kyndneſſe receiued, oꝛ if thou haſt alway remembꝛed, euery one of them, that haue done to thee any commodyty oꝛ pleaſure.

Thou ſhalte well perceyue, that what thinge that thou receyuedſt in childhode, thou foꝛgateſt oꝛ dyddeſt little eſteeme, whan thou cameſt to the ſtate of a manne. And what thou diddeſt remember in youth, in age, thou diddeſt litle thinke on: thy nouriſes pappe her rockinges. watchinges thou haſte not alwaye remembꝛed oꝛ equally recompenſed. The Scholemaꝛſters ſtudy, his laboure, his dilligence in a lyke degree, thou haſt not requited. What greater frynde haſte thou hadd, of whom thou coul deſte receiue anye greater beneſytes, then the nouriſhinge and pꝛeſeruinge of thy lyfe in thy moſte feeblenes, thyne erudition, whereby thy nature was made moꝛe excellente. Remembꝛing this, leaue to be angry oꝛ ſoꝛowfull, foꝛ ſo cõmõ a vice: yet yf it ceaſe not to greeue thee, confer

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the ingratitude that doth vexe the, wyth that ingratitude which was shewed by the Israelites, whom god chose for his owne people delyuered from seruage, shewed for them wonders, preserued them foure yeares in deserte, destroyed for them, kynges, gaue to thē the country, which flowed w̄. milke and honny, defended thē against all outwarde hostilitye, sente vnto theym suche abundance of riches that siluer was in Hierusalem, as stones in the streate, & his tabernacle and afterwarde his most holy Temple among them which he did dayly visite with his deuine maiesty, made their kynges to raygne gloriously, and spake wihh their Prophetes familiarlye, and corrected their errours most gentelye: and yet for all this they embracinge the Paynims Idolatrye, they lefte so gratious and louinge a Lorde, & liuing god, and to his greate despyte, gaue deuine honors to calues of brasse and other monstruous Images & at the laste put to most cruel death the onelye sonne of god, that had done so much for theym.

And if we Christian men do loke well on our selues, reuoluinge the incomparable benefite which we haue receiued by Chrystes passion, & consider the circumstaunce of his most excellente patience and most feruent loue toward vs, wyth our forgetfulnes and the daylie breach of our promise whiche we made at oure Baptisme conferryng our mutual vnkyndnes therunto, ther shal appeare no ingratitude ỳ should offende vs. Finallye for a conclusion, behold well aboute thee, and thou shalte all daye fynde

the childzen ingrate to theire parentes, and wy-
ues to there husbandes. And wilte thon looke
that thy benefyte, oz beyne expectation, shoulde
make the moze free frō ingratitude of thy frend
whom chaunce hath sent thee, than nature may
the parentes to their childzen, oz the coniunctī-
on of bodyes by lawfull marriage, take vnkinde
nes from the wyues toward the husbandes.
The vice therefoze of ingratitude, beyng so cō-
mon a chaunce, make no wozldly frēdshippe so
pzectous that lyfe oz health therefoze should be
spent oz consumed. I haue beene the longar in
this place because I haue hadde in this griefe
sufficiente experience.

Death of childzen. If death of childzen bee cause of thy heauy-
nesse, cal to thy remembzaunce some childzen (of
whom there is no little nomber) whose liues
eyther foz vncozrigible vices, oz infoztunate
chaunces, haue beene moze greuous vnto their
parentes, than the death of thy childzen ought
to be vnto the: considering that death is the dis-
charger of al griefes and miserues and to them
that die well, the firste entrye into life euerla-
stinge

Losse of goods. The losse of goods oz auctholitye do greue
none but foles, whiche do not marke diligent-
ly that lyke as nether the one noz the other doth
alway happen to them that are wozthye, so wee
haue in dayly experience, that they fal from him
sodenlye. who in increasinge oz keppnge them
seemeth most busye.

Lacke of pzomocīō Oftentymes the repulse from pzomotion ys
cause of discomfozte. But than consider whi-
ther

ther in the opinion of good men, thou art demed worthy to haue such aduauncement, or in thyne owne expectation and fantasie. If good men so iudge thee, thank thou god of that felicitye, and laugh at the blyndnes of them, that so hauc refused thee. If it procede of thyne owne folye, abhorre al arrogancie and inforce thy selfe to bee aduaunced in mens estimatiõs before thou cãst finde thy selfe worthy in thy proper opinion.

Al other chaunces of fortune esteme as nothinge and that longe before they do happen. Chaũces of fortune.

The oft recordinge of myserye, preparcth ỹ mynd to fele lesse aduersitye. And the contempt of fortune is sure quietnes and most perfite felicity.

This now shal suffice concerninge remedyes of moral Philosophy. Now wyl I wryte somwhat touchinge counsaile of Phisicke, as in relieuing the bodye, whyche eyther by the sayde occasions, or by the humoure of melãcholy is broughte out of temper.

The first counsaill is, that duryng the time of that passion, eschew to be angrie, studious, or solitarye, and reioyce thee wyth melodye, or els be alway in such company, as best may content thee.

Auoyde al thinges that bee noyous in sight, smelling and hearynge, and imbrace all thinge that is delectable.

Fle darcknes, muche watche, and busnesse of mynde, muche companyinge wyth women, the vse of thinges very hot and drye, often purgations, immoderate exercise thyrst, muche abstinence,

ſtinence, dry wyndes and cold.

Abſteine from dayly eatynge of much old bieke or olde mutton, harde cheſe, hares fleſh, boares fleſhe, veniſon, ſaltfiſhe, colewortes, beanes, and peaſon. bery courſe breade, greate fiſhes of the ſea, as thurlepole, or purpiſe, and ſturgion, & other of lyke natures, wyne red and thicke, meates beynge verye ſalte or ſowre, olde, burned, or fryed, garlick, onions, and leekes.

Uſe meates which are temperatelye hot, and therewith ſomewhat moyſte, boyled, rather thā roſted, lighte of digeſtion, and ingēdryng bloud elere and fyne. As mylke hot frō the vdder, or at ẏ leaſt new milked, euē theſe, ſwete Ruen cheſe, Almōs, the yolkes of rere egs little birdes of the buſhes, chickens & hennes. Whyte wyne or claret, clere & fragrant. Swete ſauors in wynter hot, in ſommer cold, in ẏ mean time tēperat.

Confortatiues of the harte hoat

Bourage the floure or leafe.
Bugloſſe.
Baulme mynt.
Elicampane.
Cloues.
Cardamomum.
Roſemary.
Lignum aloes.
Huſke.
Ambergriſe,
Saffron.
The bone of the hart of a red dere.
Myntes.
The rynde of Citron
Beane.
Cububes.
Baſill.

Comfortatiues of the hart cold.

Violettes.
Perles.
Cozall.

The

The vnicornes horne.
Olde appulles whiche be good.
Roses.
Saunders.
The Oliphantes toothe.
Water lillies.
Coriander prepared,
Confortatiues temperate.
Iacincte.
Saphire.
Emeraudes.
Myrobolanes, called Kebuli.
Bugloſſe,
Golde, ſiluer.

Of Hope

IOye, or gladneſſe of hart dooth prolonge the lyfe, it fatteth the bodye that is to leane wyth troubles, bryngeth the humours to an equall temperaunce and drawynge natural heate outwarde. But if it be ſodain and feruent, it oftentymes ſlayeth, for as much as it draweth to ſodaynly and exceſſiuely naturall heate outewarde. And therefor diuers men and women haue beene ſeene to fall in a ſound, whan they haue ſodanlye beholde the perſons whom they feruently loued. T. Liuius.

A woman in Rome hearyng firſte, that her ſone was ſlayne in battayle. After whan hee came to her, ſhe ſeeyng hym alyue, imbracinge eche other, ſhe dyed in his armes. This wel conſidered againſt ſuch inordinate gladneſſe the beſt preſeruatiue is to remember, that the extreme partes of mundayn ioy is ſorowe & heauines: and that nothing of this worlde, maye ſo muche reioyce vs: but occaſion may cauſe it to be diſpleaſaunt vnto vs.

The

The dominion of ſondry complexions. Cap. .13.

IT ſeemeth to me not inconuenient, that I doe declare as well the counſailes of anciente and approued Aucthors, as alſo myne owne opinion, gathered by diligente markynge in dayly experince concerninge as well the neceſſarye diete of euerye complexion, age, and declination of health, as alſo the meane to reſiſt the diſcraſies of the body, before ſickne be therin confirmed, leauinge the reſidue vnto the ſubſtancial learning and circumſpecte practiſe of good Phiſitions, whiche ſhall the more eaſily cure their pacients, if theire pacientes do not diſdayn to beare away and follow my counſayle.

And firſt it ought to be cõſidered, that none of the 4. complexions haue ſolely ſuche dominion in one man or womans bodye, that no parte of any other complexion is therewith mixt. For whan we cal a man ſanguine, cholericke, fleumaticke, or melãcholy, wee do not meane ỹ he hath bloude only without any of the other humors, or choler wythoute bloude, or fleame withoute bloude or melancholy, or melancolye wythoute bloude or choler. And therefore the man which is ſanguine, the more that he draweth into age wherby natural moiſture, decaieth, the more is he cholericke, by reaſon that heate ſurmounting moyſture nedes muſt remayne heate and dryth.

Semblably the cholerick man, the more that he

hee waxeth into age the moꝛe naturall heate in him is abated, and dꝛyth ſurmounting naturall moyſture he becommeth melancholike, but ſom ſanguine man hath in the pꝛopoꝛtion of temperatures, a greater mixture wyth choler then an other hath. Lykewyſe the cholericke oꝛ fleumaticke man wyth the humour of ſanguine oꝛ melancholy, And therefoꝛe late pꝛactiſers of Phiſicke are wont to cal men, accoꝛding to the mixture of their complexions, as ſanguine colerike flumatike, ſanguine &c. Moꝛeouer, beſyde the naturall complexions, which men receiueth in his generation, the humours, wherof the ſame cõplexions do conſiſte, beyng augmented ſuperfluouſly in the bodye oꝛ members by anye of the ſayd thinges called not naturall, euerye of them do ſemblably augmente the complexion, whiche is pꝛopꝛe vnto him and bꝛingeth vnequall temperature vnto the bodye. And foꝛ theſe cauſes, the ſanguine oꝛ fleumatike man oꝛ woman feelinge, any diſcraſie by choller happened to them by the ſayde thinges, called not naturall, they ſhall vſe the diete deſcꝛybed hereafter to him which is naturally cholericke. Semblably the cholericke oꝛ melancholicke man oꝛ woman, hauing any diſcraſie by fleame to vſe the diete of hym which is naturally fleumatick alway remembꝛynge, that ſanguine and fleumatike men haue moꝛe reſpecte vnto dꝛyth, cholericke and melancholye vnto moyſture, and that alway as the accidental complexion decayeth, to reſoꝛt by little & little to the dyete, pertaining to his naturall complexion.

The

The times appropried to euery naturall humoure. Cap. 14.

But firſt it muſte bee conſidered, that where the foure humours be alwaye in man, and in ſome man commonlye one humoure is more abundant than an other naturally, that is to ſay, from his generation. The ſayde humours haue alſo peculiar times aſſigned to euery one of them, wherein eche of theym is in his moſte powre & force as after inſueth, after the deſcription of Hozanus.

Fleame hath moſt puiſſaunce in winter, frō the viii. Idus of Nouember, vnto the viii. Idus of Febzuarye whereby are ingendzed Catares oz reumes the vuula, the coughe, and the ſtitche. This humoure is part in the head, part in the ſtomacke. It hath dominion from the 3. houre of nighte, vntil the ninthe houre of the ſame night.

Bloude increaſeth in ſpzing time from the viii. Idus of Febzuary vnto the viii Idus of May whereof are ingendzed feuers, and ſweete humours, which do ſhoztly putrefye: the powze of this humoure is aboute the hart, and hath dominiō from the ninth houre of nighte, vntill the third houre of the mozninge.

Red choler hath power in Sōmer frō the 8. Idus of May vntil the 8. Idus of auguſt where by are ingēdzed hot and ſharp feuers: this humoz is ſpecially in the liuer, and hath dominiō from the 3. houre of day, vntyl the. 9. hour of the ſame daye.

Yelowes

Yelow choller ,whereof is ingendred the fleam of the ſtomack,is norished in Autumne, which beginneth the.viii. Idus of Auguſt,and during vnto the viii. day of Nouember , and maketh ſhakyng feuers and ſharpe , the blacke choler that increaſeth , and than foloweth thycknelle of the bloud in the veynes. Black choler or melancholye moſt rayneth in the ſplene ,and it rayneth from the ix. houre of day,vntill the thirde houre of nighte .

Peculiar remedies ogaynſt the diſtemderaunce of euery hnmour

IF the diſtemperaunce be of bloude,helpe it wt thinges cold,ſharp and dry,for bloud is moiſt hot, and ſweete.

If it be of redde choller,geue thinges cold, moyſt,,and ſwete , for red choller is bytter and fyrye. If it bee of blacke choler geue thinges hot moyſt,& ſweete,for black choler is is ſharpe and cold. If the diſeaſe be of ſalte fleame , geue thinges ſweete hot and dry,thus ſayeth Sozanus. Notwythſtandinge where there is abundance of cold fleame not mixt wyth choler,there thinges very ſharpe and hot be moſte conuenient ,as tart vinegar with hot Roſes and ſeedes or wynes,ſtronge and rough hony beynge ſodden in the one and the other ,or where choler is myxt wyth fleam:ſyrope acetoſe made wyth vinegar and ſugar boyled,ſometime with herbes, rootes, or ſeedes ,which may diſſolue fleame, & digeſt it. Soranus in arte medendi.

Diet of them vvhich are of ſanguine complexion. Cap. 15.

FOraſmuche as ſanguine men, blonde moſte reygneth whyche is ſone corrupted, it ſhall be neceſſary for them whiche are of that cõplexion to bee circumſpecte in eatynge meate, that ſhortlye wyll receiue putrification as the more parte of fruites, ſpecially not beyng perfectly ryppe, alſo meates that be of ill iuyce, as fleſh of beaſtes to olde or ponge bodders, of beaſtes, braynes, excepte of capons & chickens, marroow of the backbone, much vſe of Onions, leekes, garlike muche vſe of olde figges, much vſe of raw herbes, and all thinge wherein is exceſſe of heate colde or moyſture, meates that be ſtale, fiſhes of fennes or muddy waters, and to much ſleepe as experience ſheweth.

Diet of cholericke perſons. Cap. 16.

TO theym which bee cholericke, beinge in their natuall temperature, and hauinge not from their youth vſed the contrarye, groſſe meates moderatelye taken, bee more conuenient than the meates that be fine, and better ſhall they digeſte a piece of good biefe, than a chickens legge. Choler of his propertye rather burninge than well digeſtinge meates of lighte ſubſtaunce, notwythſtanding ſome gentlemen whyche be nicely brought vp in their infancye, may not ſoe well ſuſtayne that diete as poore men, beyng the more parte vſed to groſſe meates

tes wherfore their diete muſt be in a temperãce, as yonge bieſe. olde beale, mutton, and venion poudred, yong geſe, and ſuche like concerninge their complection wyth meates lyke therunto in qualitye and degree, accordinge to the counſaile of Hippocrates. And as he perceiueth choler to abounde, ſo to enter lace meates whiche be colde in a moderate quantitye and to alay their wyne more or leſſe wyth water eſchewynge hotte ſpyces, hot wynes, and exceſſiue laboure, wherby the body may be much chafed. Alſo he may eate ofter in the day than any other: forſene, that there be ſuch diſtaunce betweene his meales, as the meate before eaten be fully digeſted, whiche in ſome perſon is more, in ſome leſſe, accordinge to the heate and ſtrengthe of his ſtomacke, notinge alwaye that the cholericke perſonne digeſteth more meate than his appetite deſireth, the melancholicke perſon deſireth by falſe appetite more than his ſtomache may digeſt. And to a cholericke perſon it is right daungerous, to vſe longe abſtinence, for choler fynding nothing in the ſtomacke to concoct it fareth than, as wher a little pottage or milke, beynge in a veſſell ouer a greate fyre, it is burned to the veſſell, & vnſauerye fumes and vapours doe iſſue oute therof. Lykewyſe in a cholerick ſtomack by abſtinence, theſe inconueniences do happen, humours aduſt, conſuminge of natural moiſture, fumoſities and ſtinkinge vapours, aſcendinge vp to the heade whereof is ingendred duſkynge of the eyes, head aches hot, and thinne rennes after euerye little ſurfet, and manye other in

nopfull whiche are verye colde viſcous or ſlymy fat or ſone putrifyed, eatyng muche and often, ſpecially meates ingendringe fleame, which be remembred in the table precedinge. All thinges be good whych are hot and drye, alſo meates and drinkes whiche be ſowre: Onions alſo and Garlike moderatelye vſed, be very commendable: in pure fleame not mixt with choler, muche vſinge of ſalte, ſpecially dryed. Pepper groſſe beaten, and eaten wyth meate oughte to bee wyth all flematicke perſons familier, alſo ginger is ryght conuenient, but not to be ſo frequently vſed as pepper, for as much as the nature of pepper is, that beynge eaten, it paſſeth throughe the body, heatyng and comforting the ſtomacke not entryng into the veyns, or annoiynge the lyuer, whiche vertue is not in ginger. Ginger condite the which we do cal grene ginger, ſpecially condit wyth ſugar, if it maye bee gotten, and alſo Myrabolanes called kebulie condite in India, be moſt excellent remedies againſt fleame, alſo the herbes, which are remembred afore in the table of digeſtiues of fleame, and the rootes of perſely, Fenell, Pyeos, Elicampane, and carretes be very commendable. Exercyſe twiſe in a daye, the ſtomack beyng almoſt empty, ſo y ſweat begin to apeare, is very expedient, clenſinge of the body from al filthyneſſe wyth rubbynge and wyppinge oftentimes with waſhinge, ſpecially the heade and partes there aboute, moderat ſweatynge in hot bathes or ſtoues, be to this complexion neceſſarye, ſpecially whan they haue eaten and dronken exceſſiue

cellliuely. The head and feete to be kepte from cold, and to dwell high and farre from mooꝛes, and marſhes, is a ruleꝛ right neceſſary, alſo to abſtain from eating herbes and rootes not boiled, and generally from all meates which will not be eaſely digeſted.

The diuiſion of melãcholy, and the diet of perſons melãcholike. Cap. xviij.

MElãcholy is of two ſoꝛtes, the one is called naturall, which is onely cold & dꝛye, the otheꝛ is called aduſt oꝛ burned. Naturall melãcholy is (as Galen ſaith the reſidence oꝛ dꝛegges of the bloud: & therefoꝛe is colder and thicker than the bloud. Melancholy aduſt is in foure kindes, either it is of naturall melãcholy aduſt, oꝛ of the moꝛe pure part of the bloud aduſt, oꝛ of choler aduſt, oꝛ of ſalt fleume aduſt. But of al otheꝛ, that melãcholy is woꝛſt, which is engẽdꝛed of choler, finally all aduſt melãcholy annoyeth the witte and iudgemẽt of man. Foꝛ whan that humoꝛ is hette, it maketh men mad, & whan it is extincte, it maketh men fooles, foꝛgetful and dul. The naturall melãcholy kept in his temperãce, pꝛofiteth mutch to true iudgemẽt of the wit, but yet if it be to thicke, it darkeneth the ſpirites, maketh one timoꝛous, and the wit dul: If it be mixt with fleume, it moꝛtifieth the bloud with to mutch colde, wheꝛefoꝛe it may not be ſo little, ỹ the bloud and ſpirites in their feruentneſſe, be as it were vnbꝛideled, wheꝛof do happen vnſtableneſſe of wit, and ſlipper remembꝛaunce, noꝛ yet ſo mutch, that by the weight thereof (foꝛ it is heauy appꝛochinge nighe to the Earth) that we

Ex Marcilio Ficino de vita ſana.

seeme to be alway in sleepe, and nede a spurre to pricke hys forwarde. Wherefore it is right expedient, to keepe that humor as thin as nature wil suffer it, and not to haue to mutch of it. But now to the diet pertayninge to them, whom thys humour annoyeth. The knowledge that melancholy reygneth, is oftentimes, heuines of minde, or feare without cause, sleepines in the membres, many crampes with out repletiõ or emptinesse, sodeyn fury, sodeyn incontinencye of the tongue, mutch solicitude of light thinges, with playnes of the visage, and fearfull dreames of terrible visions, dreaminge of darkenes, depe pittes, or death of friendes or acquaintãce, and of all thynge that is blacke. The meates conuenient are they, which be temperatly in heate, but specially they that be moyste meates soone digisted, and they rather boyled then rosted, temperately mixte with spices, mylke hotte from the vdder, or late milked, is verye conueniẽt for that complexion, sweete almondes blãched, and almond milke, the yelke of rere egges, and finally all thinges, which ingender pure bloud, and al that is written in the chapter of age. All these be ill for thẽ. Wyne thycke or troublous, specially red wyne, meates harde, dry, very salte or sowre, burned meat, fried meat, much bieke, hares flesh, beanes, roket, colewortes, musterd, radishe, garlyke, except there be mutch winde in the body, for than is it verye holsome, onyons, leekes, finally all thynges whych heateth to mutch, keeleth to mutch, or drieth to mutch, also wrath, feare, compassion, sorrowe, much study or care, mutch idlenesse

good advice

neſſe or reſt, all thinge that is greuous to ſee, to ſmell, or to heare, but moſt ſpecially darckenes. Moreouer mutch drying of the body, either with longe watch, or wyth mutch care & tollinge of the minde, or with mutch lechery, or mutch eatinge & drinckinge of thinges that be hotte and dry, or immoderate euacuation, laboure, abſtinence, thirſte, goinge in the ayre vntemperatly hot, cold, or dry, all theſe thinges doo annoy thē that be greeued with any melancholy. It is to be diligentlye conſydered, that where melācholy happeneth of choler aduſt, there meats which be hot in working, woulde be wiſely tempered, and drinckinge of hotte wynes woulde be eſchewed, ſemblable cautele woulde be in ſauours. Notwithſtanding moderate vſe of ſmall wines clere and well verdured, is herein very commendable, the humour thereby beinge clarified, and the ſpirites cleanſed, but the abuſe or exceſſe thereof, doth as mutch damage.

Alſo it is right expedient, to put into wine or ale, a gadde of ſiluer or golde, glowinge hot out of the fyre, to tēper hot meates with roſes, violettes, ſaunders, roſewater, borage buglo ſſe, baulme called in lattin Meliſſa, or the water of al three drōken with good wine, white or claret, or made in a tulep with ſuger, is wōderfull holſome, chewinge of likorice, or raiſons of corance, is right expedient, but moſt of all other thinges, mirth, good cōpany, gladnes, moderat exercise, with moderat fedig. And thus I leaue to ſpeeke of diets, aptly belonginge to the. 4. cōplexions.

THE FOVRTH BOOKE.

What cruditye is, and remedyes therefore. Cap. primo.

I Wyll ſomewhat wryte of two diſcraſies of the body, which do happen by the exceſſe or lack of thinges called not naturall, whereof I haue ſpoken before. The one is called cruditye, the other laſſitude, which although they be wordes made of latine, hauinge none apt Engliſhe word therefore, yet by the diffinition & more ample declaration of them, they ſhalbe vnderſtand ſufficiently, & from hencefoorth vſed for engliſh. But firſt it ſhal be neceſſary to conſider that concoction is an alteration in the ſtomache of meates & drinkes, according to their qualities, whereby they are made like to the ſubſtance of the body. Crudity is a vicious concoction of thinges receyued, they not beinge holely or perfectly altered. The cauſe thereof is, ſometime the diſtēperature of the ſtomache, ſomtime inflammations, ſomtime matter congeled, or impoſthumes in the ſtomache, otherwhile ingurgitation of meate and drincke: or for the vicious quality of the ſame meates or drinkes, or the receyuinge thereof out of order, or lack of exerciſe, or

Concoctiō vvhat it is.

Crudity vvhat it is

The cauſe of crudity.

or of conuenient euacuation. Galen ſayth, that in crudity or vicious concoctiõ it muſt be conſidered, as well if the iuyce be vtterly corrupted, and may not be ſufficiently cõcocte, as alſo if it be in the way of concoction: for if it be corrupted it muſt be expelled by ſwet or vryne, if it be halfe concoct, than muſt ſutch thinges be miniſtred, as may helpe to profite concoction, hauinge regarde to the quality and temperaũce of the iuyce, that is to ſay, whether it be thicke or thin, fleumaticke or cholericke: which ſhall be perceyued by the diet precedinge, and alſo by other thinges named not naturall, for fleumaticke meates catẽ in great quãtity or often maketh fleumaticke iuyce.

Likewyſe doth lacke of conuenient exerciſe, to much reſt or idleneſſe, as cholerike meates and vehemente labours do make cholericke iuyce in Sommer, & melancholicke iuyce in Autumne, ſpecially where labours be continuall or longe duringe. Alſo where labour is with mutch ſweate, there is the vryne more groſſe: where it is without ſweat, there is it thinner. Moreouer the colour and ſubſtaunce of the vrine declareth the temperaunce of the iuice, which ſhall be hereafter declared in the table of vrines.

Semblably the coloure of the body declareth the iuyce that is in it, for beinge whyter than it was wont to be, it ſignifieth abundaunce of fleume, beinge more pale or yelow, it betokeneth exceſſe of choler, if it be blacker, it ſignifieth melancoly, if the ill iuyce be mutch in quantitye and the bloud little, the ill iuyce woulde bee digeſted,

and expelled with ſutch thynges as do ſerue for that temperature, but if the bloud be mutch, and the ill iuyce little in quantity, there woulde the vaine be opened, and after ſufficient bleedinge a conuenient purgation geuen, hauinge regarde as well of the quautitye of the iuyce, as of the kind thereof, in caſe ỹ eyther for age or for tymorouſnes, a man wyll not be let bloud, than muſte he be purged by ſlege in more abundaūce.

But if he in whom is little good bloud, & mutch ill iuyce, and feeleth a laſſitude or wearineſſe in all hys bodye, he ſhould neither be let bloud, nor receyue purgation, nor yet labour or walcke mutch: but abyde in mutch quiet, and aſſaye to ſleepe mutch, and receiue ſuch meates, drynkes, and medicines, whych doth extenuate or make thinne, cutte, and digeſt groſſe humors, without vehement heate, whereof it is written in the table of digeſtiues: in the number of whom is Oximel, beinge well made, or Acetoſus ſimplex, where the iuice is mutch cholericke or melācholiche. Semblabli, capers with oyle and vineger be prayſed of Galen. When there appeareth in the vrine a reſidence light and whyte, than wyne white or claret moderately taken, helpeth to concoction, maketh a good iuyce, and prouoketh vrine, than increaſe frications and exerciſe by little and little, and than let him returne to his naturall diet, In whom is aboundaūce of rawe iuyce, and outwardly feeleth a laſſitude, to them Galen counſayleth, the ſeconde or thirde daye to geue Wheate, wherein Iſope is boyled, & afterwarde to vomit.

The

The meane to eſcape crudity, is to be diligente in obſeruation of the counſels before witten, concerninge the thynges called not naturall, not mutch vſing meates that be very harde to concoct, alſo fat meat, and meates longe kept, alſo corrupted ſtinkinge, ſweete fruictes, and bankettinge diſhes, haſtye feedinge without good chewinge, alſo mutch or verye ofte drinckinge at meales, very mutch heate, or very mutch cold after meate.

Furthermore it muſte be conſidered, that all thinges which bringeth griefe to the body, is ingendred either of to mutch abundance of iuice, or of the vicious qualitye thereof: He that is ſicke of abundance, the diet of him wholye conſiſteth in reducinge the iuyce to a conuenient quantitye. He that is grecued with the vicious qualytye of the iuyces, his order reſteth in makinge the iuyces equall in temperature. Moreouer: where ỹ which paſſeth out of the body, is leſſe than that which is receiued into the body, there happeneth ſickines, whych commeth of abundaunce. In the which caſe it ought to be diligẽtly foreſeene, that there be obſerued a conuenient meane of meates and drinckes, in reſpect of that which is expelled out of the body, wich may be done if the quantitye of eache of them be wyſely conſidered. And where abundance is, there the quantitye, or qualitye, or both be tempred.

Alway remember, that of crude iuyce be dyuers kyndes, ſome be colde and fleumaticke, ſome be hot and cholericke, other bee more thyn and watry, ſome of blacke choler or melancholike. They

which do abound in any of them, muſt abſtayne from ſuch meates and drinkes, which do ingender ſuch iuice as doth annoye them: thoſe meates and drinkes be declared in tables preceding.

Ætius ſermone .9.

Ætius alſo woulde that hee ſhoulde drincke a draught of cold water, affirminge, that thereby the ſtomache beinge corroborate, driueth out of him downe into the beally, that which cleaueth faſt to it. I my ſelfe vſing to drinck faſting, very ſuall biere or ale, whan I haue beene in that caſe haue foũd eaſe by it. Paulus Aegineta willeth, that at the beginninge, the legges and armes ſhould be rubbed with a courſe linnẽ cloth, the legges downeward to the feete, the armes to the toppes of the fingers, and whã they be well chaſed, than to rubbe them againe with ſome oyle, that doth open the pores, and diſcuſſe the vapors, as oyle of Camomill, oyle of anete, and other like, he prayſeth mutch Pulſe, or the water of hony, ſpecially if ſome Iſope be boyled in it. Galen, & all other do agre, that in this caſe pepper bruiſed and eaten with meate, is verye expedient: And where there is mutch wind in ỹ ſtomake, than to eate all times of the daye of the medicine made of ỹ three kindes of pepper, time, aniſe ſeede, and hony clarified, which is called Diatrion piperion, or that which is called Dia ſpolitticon, or Diapiganon, which is made of Cummine ſtieped one day & a night, or lenger in tart vineger, and after fryed or layd on a burning hot ſtone, and made in pouder, alſo pepper and rue dried ſomewhat, and made into pouder all in equall portions, and mixte wyth clarified

honye

hony. Galen addeth thereto salte peter, called in latin Nitrum. The confection made with the iuice of quinces, and is called Diacidonion, is very excellent. But it is to be diligently noted, that where crudity is in a cholirick person, there woulde the sayde medicines be temperately vsed & the saide Diacidonion, to haue little or no spices in it. And for my part, beinge of a cholericke humour mixt with fleame, many yeres continually in crudity, I neuer found any thinge better then fine Reubarbe chewed with rayſõs of corens, which I tooke by the counsaile of the worshipfull and well learned phisition, maister doctour Augustine, who in his maners declareth the gẽtleneſſe of his auncient bloude, which medicine I do not leaue to vse daily fastinge, when I feele some crudity to begin. Also syrope acetoſe, that is to say, sugar soddẽ in pure vineger, and little water, vntill it be thicke as a syrope, is sometime conuenient, and that as well to cholericke persons, as vnto fleumaticke: and if fleame be abũdãt than with rootes and seedes of fenell and perſely sodden with it. Also in that case Oximell, that is to say, hony and water sodden together, wyth the sayde rootes and seedes, and a quantity of vineger put thereto in the boylinge, is very commendable. If the pacient be very costiue than the medicine of Galen called Hierapicra, from halfe an ounce to an ounce, taken in water of honye or ale, or taken in pylles the wayghte of a grote, and a halfe, or twoo grotes, if the stuffe bee good, wyll purge the bodye sufficiently, wythoute makynge the

bodye

body weaker. Alſo that medicine by clenſinge the ſtomacke and body, deliuereth a man & woman, from many perillous ſickneſſes.

If the humors in the ſtomacke be not putrified, but that it is greeued with abundaunce of ſalte fleame, I haue founde that milke newe milked, wherein is put a quantity of good honye or ſugar, and three leaues of good ſpeare mints, and a little boyled, ſo beinge dronke warme faſtinge, the quantity of a pinte, and reſtinge on it, wythout eatinge or drinking any other thing ỹ ſpace of three houres after, haue abundantly purged and comforted the ſtomacke, but where there is no fleame, but onely choler, it is not ſo holſome, but rather hurteth, makinge fumoſities in the head, whereof commeth head ache.

Of diſtillations called commonly reumes, and of ſome remedies againſt them righte neceſſarye. Cap. 2.

FOraſmuch as at thys preſente tyme in thys Realme of Englande, there is not any one more annoyaunce to the health of mans bodye, than diſtillations from the head called reumes, I will not let to write ſomwhat of them, whereby men maye take benefit if they will, although ſome Philitiõs, more conſidering their market, than their duity to God and their country, will be neuer ſo mutch offended with mine honeſt enterprife.

Diſtillacion is a dorppinge downe of a liquid matter out of the head, and fallinge either into

into the mouth, or into the nosethyrilles, or into the eyes, & sometime into the cheekes and eares: that which falleth into the mouth, is receyued of the throte, into that part, which is the instrumente of the voyce, whych at the firste maketh hoarcenesse, and in processe of tyme maketh the voyce little, and vneath to be harde. And if the reume be sharpe, it rayseth the inner skin of the throte, and sometime it doeth exulcerate the lunges. If it doth fall into the stomacke, the reume beinge a colde, it altereth the body into a cold distemperance, if it be hot it maketh a hot distemperature, and doth somwhat exulcerate in processe of time: And at the begininge abateth appetite, and maketh feeble concoction. The colde reume, maketh concontion slow, and also crudytye, and ingendreth foure fumes in the mouth. If it be corrupted, it tourneth also nourishment vnto corruption, which maketh vpbraydinges fumishe or sharpe, or of some ill quality, which cānot be expressed. If the matter do discend lower, it tormēteth the guttes called ieiunium & colon, and toucheth other vessels, from whence procedeth digestion. In this discrasy. 2. thinges are to be prouided for, first to let that the reume do not distill into the sayde places, or if it hath done, that it be shortly expelled from thence.

First to let that it shall not distill, it shal be necessary to eate some meate the soner in the morninge, if there hath not proceeded replecion. Where the temperature of all the bodye is colerike, & the stomake is weake, the stomake would be made stronge with such thynges as of their pro-

property do comfort the ſtomacke, foreſeene that they be moderately cold and moiſt: And that which is already fallen into the ſtomacke, muſt be expelled with vomit or ſiege, prouoked with wormewood ſteped all one daye and a night in a little ſmall white wyne, or ſmall ale and ſtale, which haue vertue onely to wype away the filth from the ſtomacke, but if it be ſucked deepe into the filthes of the ſtomacke, than is it better to take the medicin called Hierapicra, either in pouder with drincke warmed, or els in pilles, to the nomber of fiue or moe in the morninge, 6. houres before any other meate or drincke taken, afterward to noynte the mouth of the ſtomacke with oyle of Maſticke or Mardinum temperately warme. Alway if a hot reume do fall into a hot ſtomacke, then meates and drinckes whych bee cold in vertue woulde onely be vſed, where the ſtomacke is diſtempered wyth heate, and the reume diſtilleth into a colde heade, there is the diſcraſſe hard to be cured: And they which be ſo affect or diſeaſed, muſt take ſutch thinges as may diſſolue the fleame, and cleanſe the ſtomacke without heatinge thereof, of the whych vertue we know Oximell to be of.

If the ſtomacke and heade be both diſtempered with colde, than muſt be vſed meates drinks and oyntementes, which onely be hot, and vtterly to forbeare all that is colde.

By theſe diſtillatiõs or reumes happeneth manye other greeuous diſeaſes, beſydes thoſe whereof I haue ſpoken, as in the head whirlinges, called in latine Vertigines ſodeyne ſoundinges

dinges

dinges, fallinge ſickeneſſe, poſes, ſtinkinge of the noſe, called Polipus, ſores in the mouth, tooth ache, pinne and webbe in the eies, dulnes of heringe, ſquinces, fretting of the bowels, with flixes, ſhortnes of breth, greife in the hart, palſeies, ache in the muſcules and ioyntes, wherefore it is not to be neglected. And I do much meruaile that our phiſitions do not more ſtudiouſly prouide therefore remedies. I my ſelfe was by the ſpace of foure yeres continually, in thys diſcraſie, and was counſayled by diuerſe phiſitions to kepe my head warme, and to vſe Diatrion piperion, and ſutch other hotte thinges as I haue reherſed: at the laſt feling my ſelfe very feble, & lacking appetite and ſleape, as I happened to reade the booke of Galen, De temperamentis, which treateth De inequali temperatura, and afterwarde the .vi. booke, De tuenda ſanitate, I perceyued that I had beene longe in an errour. Wherefore firſte I did throw away my quilted cappe, and my other cloſe bonettes, and onely did lye in a thinne coyfe, which I haue euer ſince vſed both wynter and ſommer, and ware a lighte bonet of veluet onely, than made I oximell after the doctrine of Galen, ſauinge that I boyled in ỹ vineger rootes of perſely & fenell, with endiue, cykory, and betanye, and after that I had taken it three dayes continually, euery day three ſpones full in the morninge warme: than tooke I of the ſame oxymell, wherein I had infuſed & ſtieped one dramme of Agarike, & halfe a drãme of fine Reubarbe, the ſpace of .iii. dayes and .iii. nightes, which I receiued in the morninge, eatinge

tinge no meate syxe howzes after, and that but a
litle bzothe of a boyled henne, whereof insued
eight stooles abũdant of choler and fleume: sone
after I slepte soundly, and had good appetite to
eate. After supper I woulde eyther eate a fewe
coliãder seedes pzepared, oz swalow downe a li-
tle fine mastix, and fozbare wine, and dzanke on-
ly ale, and that but litle stale, and also warmed.
And somtime in the mozninge would take a par
fume of Stozax calamita, and nowe and than
I would put into my nosethzilles either a leafe
of grene laurell, oz betain, oz water of maiozam
bzuysed, which caused the humour to distyll by
my nosethzilles. And if I lacked stozax, I toke
foz a parfume the ryndes of olde rosemary and
burned them, and helde my mouth ouer the fume
cloasing mine eies: afterwarde to comfozte my
stomake and make it stzonge, sometime I would
eate with my meate a litle whyte pepper grosse
bzuised, sometime Galens electuary made of the
iuyce of quinces, called Diacidonion sometime
marmalade of quinces, oz a quince rosted.
And by this diet, I thanke almighbye God, vn-
to whom only be geuen all glozy, I was reduced
into a better state in my stomacke and head than
I was .xvi. yeares befoze, as it may appeare vn-
to them, which haue lõge knowen me.

¶ And thys haue I not wzitten foz vaine glozy
oz of pzesumption, but to the intent that they
which haue their bodyes in like temperature as
myne was, that is to say, beynge cholericke of
complexion, and hauinge reumes fallinge out of
a hotte

a hotte head, may if they lift assaye myne experience, or in the steede of my sayde infusion, take Hierapicra, with ale or water to pourge theym, whereof shall not insue so mutch perill, as of corrupted syropes, and other confections called Magistrates, made with olde rotten drugges, thugh the phisitions be neuer so well learned. In bodies of other temperature, I wolde not that myne experience shoulde be practised but wyth discretion, temperinge the medicine, as the qualities of the stomake and head dooe require, remembringe alway, that hot reumes be thynne and subtill, colde reumes be for the moste parte thicke. Also that they which be thynne, woulde be made thicke, that they perce not so fast. And that they which be thicke, woulde be made thin, that they may the soner be purged. Finally this dare I affirme, that the reumes, which of late time haue bene more frequēt in this realme, thē they were wont to be. xl. yeares passed, haue happened of none occasion more than of banketting es after supper, & drinkinge mutch, specially wine a little after sleep. An other thinge is the keping the head to hotte or to long couered, whereby the braine, which is naturally colde, is distempred with hot vapors ascendinge from the stomacke, those same vapoures beinge let to euaporate or passe forth out of the heade, & therefore be cōcrete or gathered into humour superfluous, whych stilleth downe eftsones out of the heade into the places before reherfed. Yet nowe a dayes if a boy of. 7. yeres of age, or a yonge man of. xx. yeres, haue not. 2. cappes on his head, he & his frendes

wyll

wyll thinke that he may not cōtinue in health. And yet if the inner cappe be not of veluet or sattyne, a seruinge man feareth to loose his credēce. A person, vycar, or parish preiste, by vsing their veluet cappes embroudred with laces, do make some men thincke that they be a shamed of their crownes, that late token of the order of priesthoode, the which notable abuse, I mutch meruayle that the byshopes will suffer, specially they which haue had leysure to reade the woorkes of sainct Cipriane, sainct Hierome, Chrisostomus, sainct Ambrose, and sundry decrees made by the olde fathers, concerninge the honest vesture of priestes, which although it seeme a light matter to some men, yet it augmenteth or minisheth not a little in pryestes, the estimation of their conditions. Salomon confirminge the same, sayinge: The garmēt, the gate, and laughter of a man declareth what he is. But this matter will I leaue to an other place, where I intende to speake more abundañtely of it, if it be not the sooner amended. Now to conclude, as longe as the sayde occasions continue, so longe men shal not be wythout reumes although they were all perfect phisitions.

By vvhat tokens one may knovv vvhether the stomacke and heade bee hotte or colde.

NOwe to retourne to the remedies agaynst the sayde annoyance, whereof happeneth so manye greate sicknesses, I will bee bolde to

wryte

wyte a little oute of the wokes of the moste famous and expert phisitions. Fyrste the cause of the reume must be digested, after expulsed, thirdly diuerted, that is to say, turned from the eyen or throte into the nose, from whence it maye bee moze easely purged. Fourthly it may be stopped that it shall not destill. In hot distillatyons the heade is verye hotte in feeling the reume beyng in the mouth hee is thinne and warme, the tongue or cheekes wythin blistered, the face somtyme redder than it is accustomed to bee, sometime aburning wythin the nose. To thē which haue this hotte reume maye bee geuen the seede of whyte poppye. Diacodion made of the heads of whyte poppy and rayn water. Amylum wyth milke, if there bee no feuer, penides, mallowes, orage, gourdes, and spynage, boyled and eaten wyth oyle of almondes, syrope of violettes, Menupher, or the wyne of swete pomegranates, the water of a greate cucumber, boyled wyth a little sugar, beynge dronke, doeth mittigate choller, stoppeth the reume, and easily looseth the bealye, the seedes of mylones brayed in a morter wyth water, and strayned wyth soft breade, hauinge sugar put to it, maketh an excellent good meate agaynst the hotte reumes, plaisters made of barley bruised, violettes, poppye and camomil boyled in water, wherin spounges or linnen clothes bedipt, should be layed on the head, and the genitotories or legges therewyth washed.

If the sicke man can not sleepe, then the sayde parres wyth the bealy and foundemente shal bee noynted wyth the oyles of violettes and Menu-

phar, the ſauour of camphar in roſe water wyth violettes is good in that caſe. Galene exhorteth, and I haue proued, that in a verye hotte reume, whiche hath ſtil led faſte, the powringe of cold water vppon ones heade, had ſtynted the Reume. Hee that is therein diſeaſed muſte exchewe goinge in the Sonne, or to come nyghe a greate fyre, or to ſtande or be longe couered, or to weare much on his heade, hee muſt reſte muche, and prouoke himſelfe to ſleepe a Nyght, but not verye longe, and to lye on the one ſide on a hard bedde, hauinge his head highe, alſo rubbinge of his Legges before meales is very holſom. Cold theumes be perceyued by coldenes of the humor and heade, with paleneſſe of the viſage, all colde thinges encreaſinge the rheume. Theſe things are good againſt it, the decoction of Cicer wyth honye and raiſins, fliberde nuttes toſted, & eaten after meales, nothinge is more holſome then abſtinence, ſpecially in the eueninge, they whych haue it, muſte beeware of Northeren wyndes, the Mooneſhyne by night, waſhinge in cold water, and to bee longe bareheaded. The ſeedes of Nigella a little toſted, and put into a piece of thynne Sarcenet, and ſmelled vnto, ſtoppeth the Rheumes.

Neeſinge in the begynnynge of Rheume, is diſprayſed of Galene, but after that the matter is digeſted, it is verye holſome: that may be made with leaus of laurel. or beteny put into the noſethziles, the iuyce of Colewortes, the rotes of red beetes, water of Maioram. A prety medicine for that purpoſe proued. The iuyce of young betes

and

and Malozam of euerych one ounce, good whyte wyne eyghte ounces, saffron the wayghte of twoo pence, that beynge hette and taken in the mouth, shalbe drawen vppe wyth breath to the place, wherby the distillations falleth out of the nose into the mouth. And if the rewme doe distille into the cheekes and teeth. I haue proued, that the iuyce of grounde Iuie, and that herbe which we call Mouse eare taken wythin a quill into the nosethrilles, oftentymes pourgeth exceadinglye the reume and taketh away the ache of the teeth.

¶ Gargarising, if it be not discretelye vsed, may do more harm thā good, bring down much abundance of matter vndigested, but taken in order w̄ water, hony & pepper, or wyth Isope and figges boyled in whyte wyne, and take verye hotte in a gargarise is ryght conueniente.

¶ For compassion which I haue of theym that bee vexed with toothe ache caused of reumes, I wil by the leaue of philitiōs conclude this chapter wyth an excellent medicine agaynst the sayde passion. which is writtē of an honourable Philition of late yeares, which medicine also maketh teeth fast whyche be loose, and, also stoppeth the superfluous bledinge of gummes, wherwith the breath is made vnsauery.

Take the ryndes of Caper rootes, the rootes of brembels, whyche do beare blacke berryes the flowers of pomegranettes called Balastia of euery of theym, the wayghte of twoo ducates, pelytorye of Spayne one ducate, seede of whyte henbane, the ryndes of mandrage, of euerye of

theym one ducate and a halfe, ſpourge of the gardeine one handfull, alume of the rocke two ducates, boyle all this in whyte wyne or claret, whiche is verye roughe in taſte, and ſtrayne it therewyth, lette the paciente oftentymes wally his mouth. Albe it I wyll coũſayle theym, which will take this medicine or any other, firſt to purge the cauſe of the reume, as before ys rehearſed, or in anye other wyſe, as they ſhall be counſayled by wel learned and diſcrete Phiſicions.

Of laſſitude. Cap. 3.

LAſſitude is a diſpoſition toward e ſickneſſe wherein a man feeleth a ſorenes, a ſwellynge or an inflamation. Sorenelle happeneth of humors ſharpe and gnawinge as after greate exercíſe and labours, whiche laſſitude happeneth to them, whoſe bodyes are full of il iuyce and excrementes. Alſo after crudity in thẽ which are not exerciſed, or do abyde long in the heate of the ſunne. It may alſo be in the body wherein is good iuyce, if hee bee fatigate wyth immoderate exercíſe. In them, which do feele this laſſitude, the ſkinne appereth thicke rough, and there is felt a griefe ſometyme in the ſkinne onelye, ſometyme alſo in the flelhe as it were of a ſore. The cure therof is by muche and pleaſãt rubbinge wyth ſwete oyles, which haue not the vertue to reſtrayne or cloſe e that with many hands, and afterwarde to exerciſe moderacely, and to bee bayned in water ſweete and tempe-

Aetius. lib. 3.

Galen de tuenda ſanitate. li. 3

temerate in heat, also than must be geuen meates of good iuyce, potage but seeld, wine is not to bee forboden, for vnto wyne vneth any thynge maye be cõpared, that so wel digesteth crude humors: it also prouoketh sweate and vryne, and maketh one to sleepe soundlye. But if this lassitude do abyde the night and day followynge, or waxeth more and more, then if the pacient be of good strength and yong, and hath abundance of bloud, let hym be lette bloude, or prouoke the hemorroides or piles to bleede if they do appeare.

But if it proceede of the malice of any humoure, wythoutaboundãce of bloud, than resort to purgations, apt for the humoure that greueth. The tokens whereof shall appeare as well by the coloure of the skinne and dyet proceedinge, as by vryne, ordure, sweate, thirst, and appetite, as it is rehersed before in the complexions. If the pl bloud be little in quantity & the crude humors abundaunte, than shal hee not bee let bloude, nor behemently purged, neither shal exercise or moue hymselfe nor be bayned. For al exercise caryeth humors throughout all the bodye, and stoppeth the powers. Wherfore these manner of persõs shoulde be kepte in rest and suche meates drinks and medicines should be geuen to theym whiche shoulde attenuate or dissolue the grossenes of the humours wythoute notable heate, as Oximell barly water, and mulse, if the patient abhorre not hony. And forasmuch as in the sayde persounes commonlye there is abundance of wynde aboute the stomakes, therefore pepper, spectally longe pepper, or whyte, is very conuenient to be

vſed, and the medicine before written, called diaſpoliticum. When the humours are diſſolued, than is it good to drynke whyte wyne, or ſmall claret wyne moderately.

Laſſitude extenſiue. Cap. 4

When one thinketh that hee doth feele a ſwellynge or boylinge of the bodye, where in deede there doth not appeare in ſighte or touchinge any ſwellinge, that is called laſſitude, extenſiue, if it happeneth wythoute exerciſe, or vehement mouing. This doth happen of exceſſiue multitude of humors whiche do extende the muſculles or fillettes. In this no ſorenes is felt, but onely an heuineſſe wyth extention, or thruſtynge out of the bodye. And becauſe that ther is abundance of bloud in ỹ body, beſt remedy is to be letten bloud about the elbowe or ancle, after to be pourged, then to vſe ſofte fricaſſes wyth oyles afore reherſed afterwarde muche reſt and temperate bathes, and meates lackynge ſharpenes, and beyng abſterſiue.

Laſſitude with the feeling of inflamation. Cap. 5.

If wythoute any mouyng, the muſculles and fleſh riſe vppon the body as it ſwelled wyth greate paynes and exceedynge heate, than ſoone after followeth moſte hotteſt feuers, excepte it be preuented by lettyng of

of bloud and that in a bundance, and almoſte to ſowning but it were moze ſure to be lette bloude twyſe in one day, the fyrſte time wythoute ſowning, at the next time ſowning is not to be feared If the griefe be in the necke oz heade, the bloude muſt be let of the vayne called Cephalea, oz the ſhoulder vein. If it be in the bulke oz vppermoſt parte of the bodye, than muſte the veyne bee cut, whiche is called Baſilica, oz the innermoſte veyne. If al the bodye be greued, than cut the veyne which is named Mediana, oz the myddle veyne, If a feuer remayne after bloude lettynge, than ozder hym wyth the diete of them that haue feuers which yee ſhall fynde wzytten hereafter. If no feuer remayne, then vſe moderate fricaſſes and little eatynge, and that of meats hauing good iuyce, increaſynge by little and little to the natural diet.

Diet of them that are ready to fall into ſicknes. Cap. 6.

NOw to returne eftſoones to ſpeake of dyet it is to be remembzed that they whiche are redy to fall into diſeaſes they are pzepared therevnto eyther by replexiō oz ſuperfluous humozs oz elles by crudyty oz malice of humozs whiche are in them. As touchynge the fyrſte, the generall diet muſt be ſuche as thereby the humoures may be attenuate and by conuenient euacuacion, bzought to a moderate quantitye,

As foz the ſecond muſt be cozrected with meates and dzinkes of contrarye qualitpes, hauing

alwaye reſpecte to the age of the perſon, tyme of the yere, place of habitation, and moſt ſpecially the vniuerſal complexion. For choller offending in an olde man, in winter time in a cold country, or the perſon beyng of his naturall complexion, flumaticke or melancholye, woulde not be ſo aboūdātly expulſed or ſubdued as if it be in yong and luſtye, in the hotſommer, in the countryes, wher the ſunne feruently burneth, or the perſon of his proper nature is very cholericke.

And in lykewyſe contrary. Wherfore euerye man knowynge his owne naturall complexion, wyth the quality of the humoure that offendeth, let hym make temperaunce his chiefe cooke, and remembrynge that whyche I haue before declared ordayne to himſelfe ſuche diete, as maye reforme the offence wyth none or little annoyance to his vniuerſall complexion. And if hee can ſo do he ſhall happelye eſcape, not onelye diuers ſickneſſes but alſo the moſte pernicious daunger, procedinge of corrupted drugges or ſpyces, whereof ſome couetous Pothicaryes doo make medicines .maugre the heads of good and well learned Phiſitions.

Sicknes moſt common to perticular times of the yere and ages. Cap. 7.

Although I do not intende to wryte of the cure of egritudes or ſickneſſes confyrmed as well becauſe it myghte bee reputed in me a great preſumption, as alſo foraſmuch as yt weere verye perillous, to deuulgate that noble

noble ſcience to common people, not learned in liberall ſciences and Philoſophie, which bee required to be ſufficientlye in a Phiſition. And moreouer many bookes of Hippocrates & Galen ought to bee reade, before that one do take vpon him the generall cure of mennes bodyes: yet notwythſtandinge I truſt I maye wythoute and note of arogancie wrytte, what diſeaſes do moſt commonlye happen in ſondry tymes of the yeare and ages of men and women, wyth ſome ſignifications, whereby the diſcraſie or diſtemperature of the body is perceyued, to the intent that the Phiſition beyng farre of, may bee truly informed, conſideryng that vrynes farre caried do often deceyue them, and likewyſe lacke of the ſight of the pacient, and inquiſition of thinges, which do proceede or follow the ſickneſs. And wyth this I truſte none honeſte and charitable Phiſition wyll bee offended, but rather geeue to me thankes for my diligence in the aduauncinge of their eſtimation whych by lacke of perfect inſtruction hath beene appayred.

Sickneſſes of ſpring tyme

Diſeaſes proceeding of melancholye, as madneſſe, fallinge ſickneſſe, bleedinges, ſquinces, poſes, hoarceneſſe, coughes, leprie, ſcabbes, ache in the ioyncts,

Sickneſſes of Sommer

Many of the ſaide diſeaſes, alſo feuers contiꝛnuall

alwaye reſpecte to the age of the perſon, tyme of the yere, place of habitation, and moſt ſpecially the vniuerſal complexion. For choller offending in an olde man, in winter time in a cold country, or the perſon beyng of his naturall complexion, flumaticke or melancholye, woulde not be ſo aboūdātly expulſed or ſubdued as if it be in yong and luſtye, in the horſſommer, in the countryes, wher the ſunne feruently burneth, or the perſon of his proper nature is very cholericke.

And in lykewyſe contrary. Wherfore euerye man knowynge his owne naturall complexion, wyth the quality of the humoure that offendeth, let hym make temperaunce his chiefe cooke, and remembrynge that whyche I haue before declared ordayne to himſelfe ſuche diete, as maye reforme the offence wyth none or little annoyance to his vniuerſall complexion. And if hee can ſo do he ſhall happelye eſcape, not onelye diuers ſickneſſes but alſo the moſte pernicious daunger, procedinge of corrupted drugges or ſpyces, whereof ſome couetous Pothicaryes doo make medicines maugre the heads of good and well learned Phiſitions.

Sicknes moſt common to perticular times of the yere and ages. Cap. 7.

Although I do not intende to wryte of the cure of egritudes or ſickneſſes confyrmed as well becauſe it myghte bee reputed in me a great preſumption, as alſo foraſmuch as yt weere verye perillous, to deuulgate that noble

noble ſcience to common people, not learned in liberall ſciences and Philoſophie, which bee required to be ſufficientlye in a Phiſition. And moreouer many bookes of Hippocrates & Galen ought to bee reade, before that one do take vpon him the generall cure of mennes bodyes: yet notwythſtandinge I truſt I maye wythoute and note of arogancie wrytte, what diſeaſes do moſt commonlye happen in ſondry tymes of the yeare and ages of men and women, wyth ſome ſignifications, whereby the diſcraſie or diſtemperature of the body is perceyued, to the intent that the Phiſition beyng farre of, may bee truly informed, conſideryng that vrynes farre caried do often deceyue them, and likewyſe lacke of the ſight of the pacient, and inquiſition of thinges, which do proceede or follow the ſickneſs. And wyth this I truſte none honeſte and charitable Phiſition wyll bee offended, but rather geeue to me thankes for my diligence in the aduauncinge of their eſtimation whych by lacke of perfect inſtruction hath beene appayred.

Sickneſſes of ſpring tyme

Diſeaſes proceeding of melancholye, as madneſſe, fallinge ſickneſſe, bleedinges, ſquinces, poſes, hoarceneſſe, coughes, leprıes, ſcabbes, ache in the ioynets,

Sickneſſes of Sommer

Many of the ſaide diſeaſes, alſo feuers contiꝛ
nuall

tynuall hotte feuers, feuers terciane, quartaine vomittes, flixes, watering of eyes, paynes of the eares, blifters and ſoares of the mouth & ſweatinges.

Sickneſſes of Autumne.

Diuers of Sommer ſickneſſes, alſo oppilations of the ſplene, dropſies, conſumptions, ſtrāgulitions, coſtiſkenes, ache in the huckle bones, ſhortenes of wynd, freting of the boweles, falling ſickenes, & melancholike diſeaſes.

Sickneſſes of vvinter.

Stitches and griefes in the ſydes, inflamation of the lunges, reumes, coughes, paynes in the breſt, ſydes, and loynes, headache, and palſeis.

Sickeneſſeshappening to children.

When they be newe borne, there do hapen to thē ſores of ȳ mouth called Aphte, vometing coughes, watching, fearfulnes, inflamatiōs of the nauel, moiſture of the eares.

When they breede teeth, itching of the gummes, feuers, crampes and laſkes.

When they waxe elder, thā be they greued wyth kernels, openneſſe of the moulde of the heade, ſhortnes of wynd, the ſtoone of the bladder, wormes in the belly, waters, ſwellinge vnder the chinne, and in Englande commonlye purpilles, meaſels, and ſmall pockes.

Sick-

Sickneſſes happening to yonge men from xiiii. yeares of age

Feuers cotidiane, tertiane, quartaine, hot feuers, ſpittyng or vomittinge of bloude, pleureſies, diſeaſes of the ſydes, inflamation of the lunges, lethargies, frantle, hot ſickneſſes, cholerick paſſions, coſtiuenes of vehemente laſkes.

Sickneſſes of age.

Difficultye of breath, reumes wyth coughes, ſtrangulion, and difficulty in pyſſing, ache in the ioyntes, diſeaſes in the raynes, ſwymminges in the heade, palſeis, itching of all the body, lack of ſleepe, moyſture in the eeyes & eares, dulnes of ſighte, hardnes of hearyng, tiſticneſſe or ſhortnes of breath.

Although many of the ſayde ſickeneſſes dooe happen in euery tyme and age: yet becauſe they be moſte frequente in the ſayde tymes and ages I haue wrytten thē to thintente that in the ages and tymes moſt inclyned vnto them, ſuch thyngs myght be then eſchewed, whyche are apte to ingender the ſayde diſeaſes,

The general ſignifications and tokens of ſicknes. Cap. 8.

IF the bodye be hotter, colder, moyſter, dryer, leaner, fuller, the coloure more pale or ſwarth the eyes more hollow than is accuſtomed to be, it ſignifieth that the body is diſpoſed to ſickneſs, or already ſicke.

The

The braine sicke

- Rauinge
- Forgetfulnesse.
- Fantasie.
- Humours comming frō the rouse of the mouthe, the eyes the nose, or the eares.
- Watch.
- Sleepe.

The heart sicke

- Difficulty of breath.
- Tremblyng of the hart.
- Beatyng of the pulse.
- Feuers.
- Colde.
- Diuersitye of colours.
- Griefe aboute the heart

The liuer sicke

- Lacke or abundaunce of humours.
- The fourme of the body altered
- Paleneſſe.
- Concoction.
- Digeſtion.
- Alteratiō of excrements. accuſtomed.
- Payne in the place of the liuer.
- Swelling.
- Difficulty of breath.

The

The stomacke sick.
- Concoction slow or quicke.
- Appetite of moist or dry, dul or quicke.
- Seperatiō of excremētes moyst or hard w̄ their colours.
- Yexing.
- Belching.
- Vometing w̄ pain & difficultye of breath.
- Vrine muche or little w̄ the colour & substance, to red or pale, to thick or to thinne.

The breast sicke.
- Difficulty of breath.
- Cough.
- Spittinge:
- Peyn in the breast.

¶ This haue I written, not to geue iudgemēt therby, but onely for the paciēt to haue in aredines to thintent ẏ whatsoeuer he feeleth, or perceiueth in euery of the sayde things thereof to instructe his phisition, whereunto he may adapte his counsaile and remedies.

Of vrines. Cap. 9.

FOrasmuche as now adayes the most cōmon iudgement in sicknes is by vrynes, whiche beyng far caried or much meued or standing long

longe after that it is made the fourme thereof is so altered, that the phisition shal not perfytlye percepue the naturall coloure, nor contentes, although he bee neuer so well chaufed at the fire, as actuarius & other greate learned men do affyrme. I wyl therefore somewhat speake of vryrynes, not so muche as a phisition knoweth, but as much as is necessary to euery mã, for to percepue the place and cause of his gryefe, wherby he may the better instructe the phisition.

¶ First in vryne, 4. things are to be cõsidered, ꝑ is to say ꝑ substaunce, the coulour, the regiõs or parts of the vryne, & the contents or things therin contayned.

¶ Also for as muche as in the bodye of man bee foure qualityes, heate, cold moisture, and dryth, twoo of them, heate and colde, are causes of the coloure dryth and moysture are causes of the substaunce.

¶ Moreouer in vryne, beynge in a vessell apte thereunto to be seene thre regions. The lowest region in the bottome of the vrinal, conteyning the spaces of ii. fingers or little more. The myddel region. from whence ꝑ lowest ended vnto the cyrkle. The highest region is the cirkle.

The highnes of ꝑ colour signifieth heat, the pale blacke or greene signifyeth colde.

¶ Also the grossenes or thicknes of the vryne signifieth moisture, the clerenes or thynnesse, signifyeth dryeth.

The colours of the vrines.

Coloure of bryght golde. } Perfite digestion
Coloure of gylte. }

Rec

Red as a red apple or cherry.
Base redde, like to bole armenake, or saffron dye.
Red glowing lyke fire.
} Excesse of digestion,

Coloure of a beastes lyuer.
Colour of darke red wine
Grene lyke to colewortes.
} Adustion of humours.

Leaddy coloure.
Blacke as inke.
Black as horne.
} Feeblenes or mortificatiõ of nature, excepte it bee in purgeynge of melancholye.

Whyte clere as water
Gray as a horne.
Whyte as whay.
Colour of a Camels heare)
} Lack of digestion.

Pale lyke to broth of flesshe sodden.
} The begimninge of digestion.

Citrine coloure or yellow.
Subcitrine or paler
} The middle of digestion.

Whyte and thinne betokeneth melancholy to haue dominiõ.

Whyte and thicke, signifyeth fleume.
Redde is thicke, betokeneth sanguine.

Redde and thinne betokeneth choller to haue the soueraynty.

The

The ſubſtance of the vryne.
Cap. 10.

At the fyrſte piſſinge all vrynes well nighe do appere thinne, as longe as they abyde warme, for naturall heate, durynge the tyme that it preuayleth, ſuffereth not that the licoure, whych is the ſubſtance of the vryne, to congele or be thicke for any occaſion, but after that heate is gone, ſome vrynes ſhortly, ſome a longar tyme after waxe thicke. Lykewyſe ſome time ſome are piſſed thycker, and after waxe cleare, ſome remayne ſtyll as they were made, ſome be meetely thycke, as they were troubled, ſome very thicke and groſſe. They that waxe cleare, ſone doo gather, ꝑ which is thicke into the bottome of the vrynall: ſome remayne troubled the groſſenes notwythſtandinge gathered in the bottome. Semblably the diuerſity of thine or ſubtile vrines muſte bee perceiued, that ys to ſaye, that ſome are verye ſubtill as water, ſome leſſe ſubtil, ſome in a meane betwene thyck and thinne.

¶ Of thinges conteined in the vryne, ſome doo diſcende downe to the bottome, and be called in a greeke word Hipoſtaſis, in engliſhe ſome call yt the groundes ſome the reſidence, whiche if it bee whyte light ryſing vpp from the bottome of the vrynal, lyke a peare, it ſignifieth health, if it be of any other figure or coloure, it betokneth ſome annoyance. If lyke thinges be ſeene in the myddle of the vrynall, they bee called ſublations, if they approche vnto the highẽſte regon of the vryne, they

they be named cloudes, in latine Nebulæ. The groundes or reſidences not perfecte, ſom is like little red berches, & is called in latine Orobea, ſome is lyke to braune of wheate grounde, and ſeuered from the meale, and is called braunie reſidence, in latin Furfurea, ſome be like vnto plates hauinge bredthe and lengthe without thicknes, and may be named platte reſidence, in latine Lamineæ, ſome is lyke to meale, wheat or barley and may benamed mealy reſidence, in latine Similaceæ.

¶ There is alſo ſome in the vryne lyke to white heares ſome longer, ſome ſhorter, ſometyme like to ragges, ſomewhat redde. There is alſo ſene in the uppermoſt parte of the vryne ſometime a fome or froth, ſometyme belles or bubbles, ſometime there ſwimmeth in the vryne a thinge lyke a cobweb, otherwhyle there is aboute the cyrkle as it weere the renting of cloth, ſometime there is in the vryne lyke motes of the ſune, ſometime lyke the matter of a ſoore, otherwhyle like the ſeede of a man, alſo grauell or ſands. And in theſe thinges may be diuers colours, ſom white ſome redde, ſome betweene both, ſome yelowe ſome graye, and ſome blacke. All this muſt be diligently marked, and therof ſeperately to aduertiſe the Phiſition, vnto whō I referre the iudgemente of the ſickneſſe, for the cauſe afore rehearſed, & for aſmuch as the iudgemet of the is very ſubtill.

¶ Semblablye of ordure whether it be verye thinne or verye thicke. what other matter iſſueth out with it, what colour it is of, the ſauon

very greate little or none, if it were easely expulsed or paynefully, howe ofte or howe seldome.

¶ Moreouer of kweate what colour it is of and of what sauour, if in tastig it be salt, lowze, bitter, or vnsauery.

¶ Also the vomit if it be of one coloure or many, if it do smell horrible, of what humoure it had most abundaunce if it were rastinge, or after meales if it were paynefull or easie.

¶ Likewyse spittel, whether it bee thicke or thinne, or inter wyth bloud, or matter corrupt, accordingly of the humoure issuinge out at the nose, and if that bee bloude, than whether it be red, watry or blacke.

¶ Moreouer, it maye not bee forgotten, to advise the phisition of the diet vsed by the pacient, as well afore the sickenelle, as in the time of the sickenelle, his age, the strength of his bodye, his exercise, and place, wher he lengest abod in his youth, whether it were hy or low, watry or dry, hotte or colde.

¶ This I trust shalbe sufficient to instructe a phisition, he that desireth to knowe more particularly hereof, let him read the bookes of Hipocrates, Galene, Cornelius Cellus, Actuarius, Paulus, & diuers other late writers, for this litle treatise may not receiue it.

The

The preceptes of the auncient phisition Diocles vnto kyng Antigonus. Cap. 11.

VVE will now deuide the body of man into 4. partes, the head, the bulke, called in latine. Thorax, which contayneth the breast, the sydes, the stomacke and entrayles. The bealy, called in latine Venter, contayneth in the paunche and bowels. Also the bladder, called in latine Vessica, in the which named is also contayned the conduites by the which vryne passeth. Whan anye disease approcheth to the heade, these tokens doe commonlye proceede, swymmyng in the heade, headache, heumesse of the browes, soundinge in the eares, prickynges in the temples, the eyes in the morninge do water or waxe dimme the smellinge is dul, the gummes do swell. Whan thou feelest such tokens forthwyth pourge the head wyth somwhat not wyth vehement medicines but taking Isope or Organum and the croppes of them boyle with whyte or claret wyne halfe a pynte and therewyth gargarise, your mouth fastinge, vntill the fleume be pourged out of your head, this is the easiest medicine in discrasies of the head. It is also very holesome to gargerise the mouth and breast wyth hony water, whereinto mustard is put & mingled, but fyrst the head must be rubbed wyth a warme cloth that the fleume maye easily come out of the head. And if these tokens be neglected, these maner of sicknesses doo folow sone after, bleared eyes, and humours let-

ting the sight, cleftes in the eares, swellings in the necke full of matter, called the kynges euil, corruption of the braynes, poses or reumes, heuines of the heade: and tooth ache.

When the bulke is lyke to suffer any sicknes it is peeceiued by these tokēs, al the body is in a sweate, ẏ bulke most specially, the tōgue waxeth thicke, the spittle is eyther salt or bitter, or cholericke, the sydes and shoulders do ake without any occasion, the pacient gapeth often, also there doth happen muche walkinge, suffocatyons or lack of breth, thirst after sleepe, the mīde is vexed with heauinesse, also the breast and armes are very cold, and the hands do tremble. Agaynst these thinges this remedy may be prouided. After a moderate supper assay to vomit wythout any medicin, vomit is also profitable, which meat doth follow. He that in suche wise will vomitte, let him eate hastelyc small radishe rootes, townkerses, roket, senuye, or purstane, and drynke after it a great quantitye of warme water, & prouoke himselfe to vomite.

Hee that setteth little by the sayd tokens, lette him feare these sicknesses followinge, the pleurysy, the sicknesses of the lunges, melancholy or madnes, sharpe feuers, thee letargie, inflamation wyth yexinge.

If anye sicknes be towarde the bellye, they may be espyed by these tokens, the belly is firste wrapped tegether, and in it selfe is troubled, al meates and drinkes do seeme biter in tast, hee feeleth heauines in his knees, a stifnesse in his loynes, a wearinesse in all his bodye withoute

any

any occasion, a sleepinesse in his legges, wyth a little feuer: whan thou felest these tokens mollifye thy belly, not wyth medicin, but with good order of diet, for it is best and most sure to vse those thinges, whereof lightly may ensue none annoyaunce, in the nomber of theym are beetes boyled in water of hony, garlike sodden, malowes, soril, mercurye, and al thinges conduite in hony. All these do expell the ordure of the belly: but if any of the sayde signes doth more and more increase the licoure wherein the seede of Carthamus, called also Enecus is boyled is a pleasāt sure medicin, smal coleworts boyled in a good quantity of water, the lycour therof in measure two pintes sauing the third part of a pint wyth hony and salte beynge dronken shal profite muche Cicer and the pulse called in latine Eruum, in englishe (I suppose chittes in water dronk fasting hath the same effect. To them whiche sette litle by the sayde tokēs, these diseases do sodenly happen. Fluxe of the belly, bloudy fluxe, slippernes of ẏ bowels, paines in the gattes, ache in the huckle bones, the feuer tertiā, the goute, ẏ appoplexie or palsei in the limmes, hemoroides, aking of ioyntes.

Whan the bladder is towarde any sicknesse, it is perceiued by these tokens, fulnesse felt after little meate, breakyng wynde downwarde and vpwarde, palenesse of colour in all the body, heuie or troublous sleepes, the vryne pale & passing forth paynfully, swelling about the coddes and priuie members. When these tokens appere than is it expedient to haue remedy of odo

riferous thinges, which do expell vryne, which shall be done without any perill with the rootes of fenell and percelye steeped one or two dayes in good whyte wyne, and to drynke therof fastinge euery morning three ounces and two drammes wyth the water of wyld carets or Elecampane, whiche of these is next at hande euery of them haue like effect. Also water wherein the peasē called in latine Ciceres are steeped, being dronk wyth wyne is lyke cōmodious: he that neglecteth the sayde tokens let him loke for these sicknesses followinge: the dropsie, the greatnesse of the splene, griefe in the liuer, the stone, ache of the bache or paynes in the reynes, the difficultye of vryne, fulnes of the belly. In all these thinges that we haue spoken of, wee shall geeue to children most easye medicines to meyne, those whiche be stronger in worckynge. This dyete of Diocles although at this tyme it semeth not in all pleasaunt, nor accordinge to the practise now vsed, yet beyng tempred with that whiche I haue before remembred some thinge may bee founde in it, whiche beyng experienced, may be as cōmodious for the health of manys body, as that diet whiche is more curious or pleasaunt.

Of them in whose stomacke meate is corrupted. Cap. 12.

They in whom customably meate is corrupted, let them afore that they eate anye meate assaye to vomitte drinkynge sweete wyne, abstcine from meat that ingendre bote-

botches, inflamations, fumous ructuations or vapors, and take fuche as nourifhe good iuyce, and chofe them out which do molifye the belly and at fondry tymes take them. It is alfo good to take temperatly that whiche loſeth the belly as the medicine called Diera, and to abſteyne from ſuch thinges wherby ill iuyce is gathered and do ingender ſickneſſes, harde to be cured or neuer, as goutes, hedache, peines of the raynes, &c.

Of the vertue of meates. Cap. 13.

HE that is ſtudious aboute the conſeruation of health, he needeth to knowe the vertue of meates. The meate whiche hath vertue to extenuate, or make humours fubtil, it openeth the pores & bringeth forth that whiche is faſt in the fleſh, it maketh ꝯ which is clammy ſubtil, and doth extenuate or relente ꝯ which is fatte, it bryngeth forth that whych abydeth long in the belly, but that which is eate, is a ſuperfluitye, watrye and cholericke, and at length maketh melancholicke bloude: wherfore muche vſinge of them is prohibited, ſpecially to them that are cholericke, and onely ſerueth for them that are replete wyth fleame, crude or vndigeſted humours clāmy or fatte. The diet of fatting thinges doth nouriſhe aboundantly, ſo that the ſtomacke and liuer do digeſt wel meat of good iuice, maketh good blud, but yet it ſtoppeth the liuer and ſplene. Theſe do they, which make fatte humours onely as the pulſe called

Lenticula & they that are slimie like malowes, some do make hot humours and be also slimie, as fishes with hard shelles. Finallye the diete which doth extenuate and make leane, is more sure for keping of health, than that which fatteth muche. Nowrishing meats would be therfore moderatelye vsed, when a man perceiueth himselfe to haue neede thereof it may bee moste surely vsed of them that be exercised temperatly and can sleape when they list. They that can not sleepe by reasō of exercise, let them eschewe fatting meats, let none idle person attempt to vse them. In the preseruation of health, sluggardie is the greatest mischiefe. Like as repetate mouing is good, so is the meane which betweene thicke and thinne, is to mans healthe most conuenīet, whiche ingendreth bloud, according to the competent cōstitution of mans bodye and therefore it is to be chiefly vsed. Meat of ill iuyce is alway noyfull, wherfore it ought to be eschewed. Likewise the variety of meates is to be obserued diligently, for it is a greyte thinge to couple well together, thinges of contrarye vertues, for if they be not well digested, that which is receiued, may bring displeasure.

Adiete

A diet preseruatiue in the tyme of pestilence. Cap. 14.

THe bodyes moste apte to bee infected, aee speciallye sanguine, nexte colericke, than flumaticke, laste melancholicke, for in them the humoure beynge colde and drye is moste vnapt to receiue putrifactiō hauing also strait passages, by the whiche venim must passe. The diet conuenient for that tyme is to absteyne frō meates inflaming and oppening the pores: also from hea te of the Sunne, from to muche heat or fire, or garments, from euery hotte herbe, and muche vse of tarte thinges, except Onions and cicory or radish wyth vinegar, for they do resist agaynste venime, from wyne verye fumishe, exercise incontinent after meales frome sweatinge, frome all thinges that will cause oppilacion and putrifactiō frō things hot and moist, where moysture hath the dominion in a degree specially beynge not sufficieetlye boyled, also from milke except it be in a little quantity, and that with a little sugar. Fruites and herbes colde and drye, and therewith sowre or somewhat bitter, are not prohibited. If yee eate figges, grapes or sweete cheries eate after thē of an Oreng with salt. If yee eate things cold and moyste, as cucumbers, melons, fishe softe and freshe or Damsyns, eate by and by after some fenell & Orenge wyth salt, drinkyng their wyth a drught of good wyne. Bewarre of musheromes, much purslane, gourdes and all other thinges, whyche wyll soone putrifye: not

wyth

wythstandinge I will not forbide eating of lettise wyth a fewe mintes, or myxte wyth Cinamom. All thinges sowre are commended, aswel in diet conseruatiue as in that whiche is curatiue or health, except where there is straitnesse of the breast, or weaknesse of the stommack, thē ought they to be tempered with sugar, salt, Almond milke, cinamom, pepper, fenell, Saffron-egges, and some thing that is fat or vnctuous. Capers are good to be vsed w̄ vineger. Cheese very fat and salte, is not commended, no more is colewortes of any kynde of pulse except chittes: greate peason, rapes, nor spynache is good.

Also there be forboden rokat and mustarde, much wyne & egges, excepte they be eaten with sorel sauce, vineger, or iuyce of orenges, persely, and also parsnepes be good. Now wynes be noyfull, lette the meate bee somwhat more than drynke, but yet sustayn not to much hungar nor thirst, bewarre of lecherye, of cloudie weather and closse, eschue much resort or throng of people, wyndes comming from fennes or moores, from sleepe at none, vse wyth youre meate this pouder, sanders reede halfe an ounce, Cinamom thre drammes and a halfe, saffron halfe a dramme. After your meate eate a little of coriander seede, well prepared. In the morninge at a temperate fire kembe youre head backwarde, clense your body and heade of al superfluities, vse also moderate fricasses, with sweete perfumes and odours, washe oftentimes youre face and handes with pure vineger mixt with rose water. In cold weather mixe it wyth mintes,

baulme

baulme, rue or myrtes, and sometyme wyth cloues. In hot Sommer wyth roses or violets. Above al things vse to make white wyne, good whyte vineger roset, water of roses, in equall porcions, put thereunto a little setual, or of the rind of a citron and drinke thereof a little, and oftentimes washe therewyth youre handes and visage. Medicines preseruatiue against the pestilence whiche be alway most ready, are these, a figge wyth rue, and a walnut eaten fastinge, also triakle, or mithridate, to olde men a drãme weight, to yong men halfe a dramme, or a scruple dissolued in vinegar and Rosewater, or in water of tormentil, scabiose or baulme, if the plague be in Sommer: if it be in winter, put to the waters some whyte wyne. Also the pylles called commonlye Pillulæ Rasis (but in deede they weere inuented by rufus) are verye excellente specialiye if the aloe, wh is in it be washed & therunto added a little Bolus armenus, & Terra sigillata. And if the persõ, bee of hotte complexiõ, a quantitye of sorell seede, and redde corall, this confectioned wyth syrope of citrons, in cold complexions, or to old men with white wyne, vse them euery thirde daye, one pill at a tyme thre houres or foure afore dinner or supper. If ye take triakle, or Methridate, absteine from meate at the least six houres after. A perce of the rote of a settual, born in the mouth, preserueth from infection. In likewise doth sorell chewed fastinge, and the iuyce sucked downe. To poore men Marcilius was wont to geeue a toaste of breade steeped in vineger

wyth

wyth a piece of an Onion or Rue. All thinges which be cordiall, that is to saye, whiche do in any wise comforte the heart, do resist pestilence vehemente anger, or heauinesse be very pernicious. Other more exquisite and costly preseruatiues, I purpoulye passe ouer, which Marcilius and other Phisitions do wryte so aboundauntly, for as muche as I desire to be in this worke compendious. One thing I had almost forgotten, that there is no better preseruatiue, than to flee from the place corrupted, beyme and farre of, and to lette none approache youe that hath made theire abode, where the plague is feruente. Moreouer, receiue not into your house any stuffe. that commeth out of a house wherein any person hath bene infected. For it hath bene sene, that such stuffe, lyinge in a coffer fast shutte by the space of two yeares, after that the coffer hath beene opened, they which haue stand nighe to it haue bene infected, and soue after haue died. But here I alwaye except the power of God whiche is wonderful, and also mercifull, aboue mans reason, or counsell, preseruinge or strykinge, whom whan, and where it shall like his maiestie, to whom be glory and prayse euerlastinge. Amen.

¶ Thus make I an ende of this treatise desiring them that shal take profitte therby, to defende it agaynst enuious disdayne on whom I haue set the aduentur for the loue that I beare to my countrye requiring all honest phisitions to remember that the intente of my labour was that men and women readinge this worke, and

obſeruing the counſayles therein ſhould adapt therby their bodyes, to receiue more ſure remedie by the medicines prepared by good Phiſicti
in dangerous ſickneſſes, they keping good diete and enforminge diligentlye the ſame phiſitions of the manner of their effects, paſſions, and ſenſible tokens. And ſo ſhal the noble and moſt neceſſary ſcience of phiſicke, with the miniſters therof, eſcape the ſclander, whiche they haue of longe tyme ſuſteyned, and according to the precepte of the wiſeman bee worthelye honoured for as muche as the higheſte God did creat the phiſition for mans neceſſity.

And of the earth created medicine, & the wyſe man ſhall not abhorr it.

Thus fare yee well gentle readers & forget me not with your good reporte and pray to God that I be neuer worſe occupyed.

FINIS.

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